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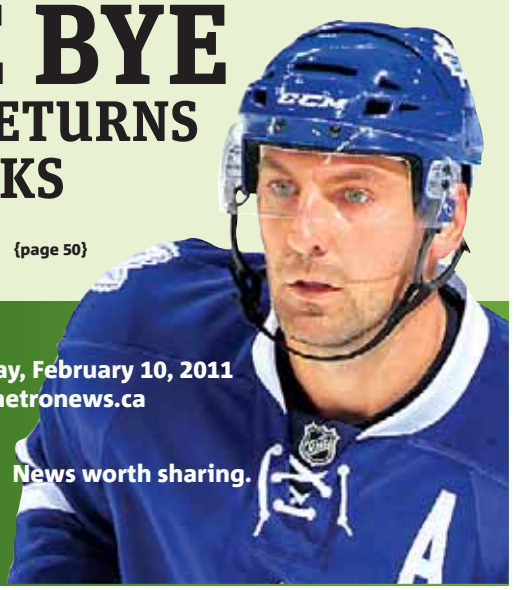
THE BEST WAY TO THEIR HEART IS THROUGH THEIR STOMACH {page 43}

BYE BYE LEAF RETURNS TO DUCKS

SPORTS {page 50}



TORONTO metro®
Thursday, February 10, 2011
www.metronews.ca
News worth sharing.

Pucker up, Ontario

Province takes title of the nation's kissing capital, according to survey Once thought of as stodgy, 83 per cent of those polled say they approve of public displays of affection — beating Quebec by seven percentage points

Jonesin' for a little tonsil hockey, but still got half an hour on the streetcar before you get home? Let your restless lips roam free, because apparently Ontario is the public kissing capital of Canada.

A whopping 83 per cent of Ontarians approve of the PDA — public display of affection — according to an Angus Reid opinion poll commissioned by Dentyne, the gum company.

Angus Reid conducted an online survey of 1,002 Canadian adults Jan. 6 and 7 to gauge kissing habits.

Ontario ditched its stodgy reputation by beating out Quebec by a full seven percentage points.

The poll did not differentiate between the spectrum of kisses — from peck to heavy-petting session — and neither did it consider the subjects.

More than one-third of Canadians kiss their partners one to three times a day, but almost 10 per cent say they don't ever kiss their partner.

You can still participate in the debate at Dentyne Canada's Facebook page, where they are tracking people's FDA — Facebook Displays of Affection — to determine if you're a "closet kisser" or "social media exhibitionist."

All you have to do is give Dentyne Canada full access to your Facebook profile and name your valentine from your friends' list.

From there, a Dentyne official — or more likely the company's social media robots — will troll through your photo albums, wall posts and events calendar to see how many times your crush's name comes up.

TORSTAR NEWS SERVICE

77%

Is tonsil hockey a national sport? On average, 77 per cent of Canadians approve of kissing in public.

▶ Models Candice Swanepoel, from left, Lily Aldridge and Erin Heatherton attend the launch of Victoria's Secret Love Me lingerie collection yesterday at Victoria's Secret, Herald Square in New York City.

JOE CORRIGAN/GETTY IMAGES

Victoria debuts her not-so-secret lingerie collection

Nordiques

Gas tax for Quebec City arena?

Feds flirt with idea of letting cities use funds for sports facilities, sources say {pages 10-11}

Bay Street is not British yet

TSX, London Stock Exchange deal is being reviewed {page 20}

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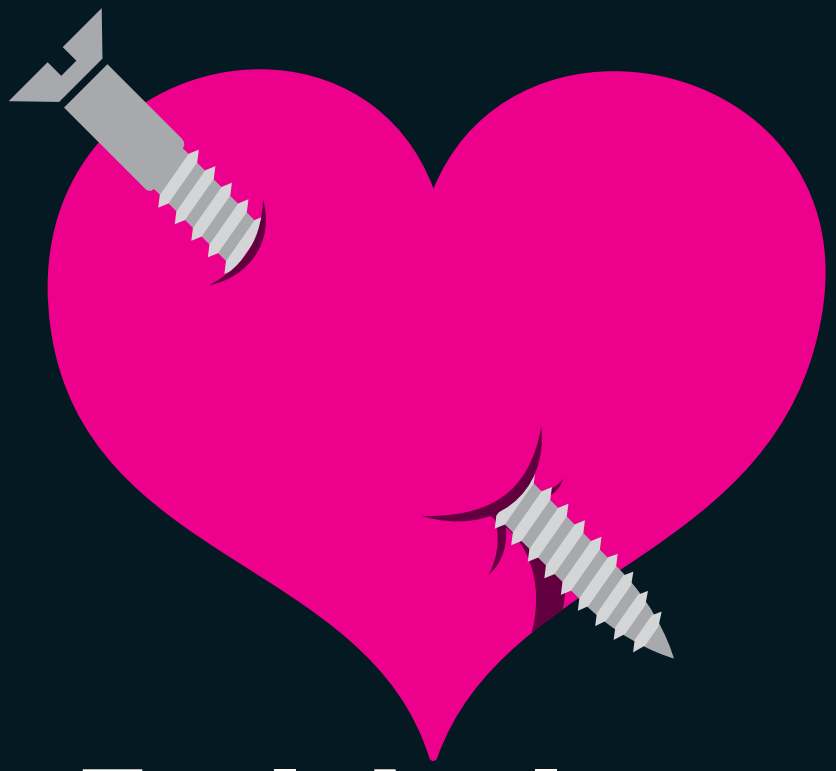
Are you getting screwed?



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4320 Kingston Rd
4002 Sheppard Ave E, Unit 105A
5981 Steeles Ave E, Unit 106
85 Ellesmere Rd (Inside Metro Entrance)

Mind the doors. There's a visitor on board

▶ Naheed Nenshi, Calgary's visiting mayor, has found a seat on the subway.

RENE JOHNSTON/TORSTAR NEWS SERVICE

There's a mayor riding the Rocket ... and he's not Rob Ford

For Calgary Mayor Naheed Nenshi, the Toronto Transit Commission is definitely the better way. He rode the subway yesterday, knowing it's the fastest way to get from the Fairmont Royal York, where he addressed a packed Canadian Club luncheon, to the TVO studios in midtown for an interview. The former university professor turned rookie politician knows the TTC well — when he lived here in the 1990s, he didn't own a car. He's an unabashed transit lover — and an admirer of Toronto. "I want Toronto to do so well," he said. He wants Vancouver to be deliriously successful and Montreal to be "a jewel." "I even want Winnipeg to be great."

Alleged bus rage leaves boy scared

◗ Transit employee charged with assaulting boy's father on a bus ◗ 'My son had to witness his father go through this,' dad says ◗ TTC takes it 'very seriously,' spokesperson says

Isaac Gould says his 10-year-old son is afraid to ride the TTC.

No wonder — he saw his father sworn at and shoved by a TTC employee aboard a bus and will never forget it, Gould said.

"Now my son does not want to take the TTC anymore. He is distraught from this," Gould added.

A TTC employee has been charged with assault.

Gould said it was about 10 a.m. on a Saturday last month when he and his son boarded a westbound bus on Sheppard Avenue East at Scunthorpe Rd.

They were standing near the front of the packed bus when a uniformed TTC employee boarded.

"He seemed irritated that the bus was late," Gould said.

"He complained to the bus driver that the bus was 20 minutes late, but the driver replied he was only 10 minutes late."

"I asked the bus driver to stop and that I was making a police report because I just got assaulted by one of his co-workers and he totally ignored me."
ISAAC GOULD

Later, the TTC employee erupted, said Gould.

"(He) started screaming at everyone in the bus to move to the back, but you clearly couldn't move," he said.

"He got frustrated and grabbed me from behind and shoved me into the pole and told me to 'get the f-- out of my way' and proceeded to the back of the bus," Gould said.

"He was pushing his way through the crowd, shoving everybody. He finally got off the bus."

Gould called police. A TTC dispatcher ordered the bus driver to stop.

The TTC provided police with video from on-board cameras.

TORSTAR NEWS SERVICE

1 news

Culture wars return to U.S. as gay marriage debate heats up

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

The CRTC deserves better than to be bullied over Twitter by a cabinet minister. More at metronews.ca/spindoctor

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Great. Shakes

▶ Host Daniel Lee-Ying explains how earthquakes develop at the Ontario Science Centre yesterday in the exhibition Nature Unleashed: Inside Natural Disasters.

COURTESY OF ONTARIO SCIENCE CENTRE

Mother Nature in all her fury

Nature Unleashed, which opens tomorrow, concentrates on four types of disasters — earthquakes, volcanic eruptions, hurricanes and tornadoes — through state-of-the-art animations, large-scale images and cultural displays.

Ontarians overstretching?

Province's households, along with those in B.C., Alta. and Sask., most likely to be squeezed by rising debt: TD

Ontario is one of four provinces where households are most financially vulnerable, TD Economics says in a new study examining Canadians' debt loads.

"This isn't saying we are going to have a problem," Craig Alexander, chief economist at TD Economics, said in an interview.

"But it does mean that if we had a housing correction, a renewed downturn in the economy or sharply higher interest rates, then households in these provinces are most vulnerable."

In Ontario today, 6.9 per cent of households use more than 40 per cent of their income to pay back interest and principle — a level that is considered a dangerous threshold.

40%

Bank of Canada research shows that the chance of defaulting on your loans increases significantly once the debt-service ratio, as its known, exceeds 40 per cent.

But that would climb to about 9.4 per cent — nearly one in 10 households — if interest rates rise by two percentage points over the next two years, as economists expect.

"Again, that doesn't mean we have a widespread problem," Alexander said. "But it means that close to one in 10 Ontario households are going to find their finances getting stretched. That's not the majority, but it's not insignificant either."

The debt-service ratio, as the percentage of income devoted to repayment is known, is one of six gauges of financial stress that TD used to create its household financial vulnerability index, the highlight of the study, which was released yesterday.

The index also includes information about home prices and personal savings rates, as well as the average household debt-to-income ratio — which now stands at 148 per cent.

TORSTAR NEWS SERVICE

Charity finds way to exceed fundraising goal

United Way of Peel Region raised a record $13,752,578, surpassing the goal set for the 2010 campaign.

Hundreds of supporters gave a standing ovation as the final campaign tally was announced at the International Centre at the charity's annual celebration party. It's the most money raised by UWP to date. The target had been set at $13.75 million.

Increasing the goal by more than six per cent over 2009 was ambitious, considering many are still recovering from the impact of the economy, but at the same time the funds were desperately needed to meet growing demands for services, said Shelley White, president and CEO of United Way Peel. Her faith in the generosity of donors remained staunch even when fears were raised the campaign may fall short of the goal. "It was a nail-biter until the 11th hour," she said.

TORSTAR NEWS SERVICE FILE

▶ Shelley White

White credited an army of volunteers, staff and the generosity of donors for helping push the campaign over the top. She also tipped her hat to PepsiCo Canada for establishing the first-ever Leadership Challenge Grant, which provided matching funds for new or increased gifts of $1,000 or more, up to $100,000. White said she was also "heartened" by growing support from students "from kindergarten to college and university," across Peel.

Campaign chair Barb Leavitt thanked the community, which she said "rallied to our call of 'United we can!' and proved that Peel is filled with generous, compassionate individuals and organizations that want to make a deep difference."

"We bring together partners from all across the region to create a community in which everyone is cared for, connected and included," said Carl Oxholm, UWP board chair. "We all have a role to play in this powerful mission."

TORSTAR NEWS SERVICE

Wide reach

Last year, more than 420,000 people in Peel received support through services, programs and initiatives funded by United Way.

Spadina subway closure

Work associated with the Toronto-York Spadina Subway extension will be conducted this weekend at Downsview Station.

As a result of this work, there will be no subway service between Wilson and Downsview stations.

The closure will take effect immediately after the end of tomorrow's service.

Starting at 6 a.m. Saturday, a frequent shuttle bus service will run between Wilson and Downsview stations.

Normal subway service will resume Monday at 6 a.m. METRO

Fraudster loses appeal

Ontario's top court has upheld a fraud conviction against a man who bilked investors out of more than $40 million.

While Mark Eizenga's conviction stands, the court did agree to lower the amount he has to pay his victims — to $20 million from more than $35 million.

The Ontario Court of Appeal said the lower amount reflects Eizenga's criminal responsibility in a "massive fraud that involved a significant breach of trust."

THE CANADIAN PRESS

SCC to rule on evidence procedure

The Supreme Court is set to decide today whether part of a law is unconstitutional because it stops criminal trial judges from deciding what evidence should be kept secret.

The issue arose in the terrorism case known as the Toronto 18, when Ontario Superior Court Justice Fletcher Dawson struck down provisions of the Canada Evidence Act.

Under Section 38 of the act, only a Federal Court judge can determine the validity of an assertion of national security privilege.

THE CANADIAN PRESS

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Achieving your investment goals doesn't have to be a full-time job.

By **Steve Geist**
President
CIBC Asset Management

Successful investing is easier than you might think. While the seemingly endless number of investment products can be overwhelming, with just a modest amount you can invest in a professionally managed portfolio tailored to your personal financial situation.

Individuals don't need to dedicate countless hours to researching and adjusting their own investment portfolios when professionally managed products can do the work for them.

Managed portfolios provide access to the expertise of portfolio managers

from around the world and ensure your investments are monitored and rebalanced according to your goals.

And while managed portfolios are a simple, all-in-one investment solution, they are not 'one size fits all.' Individual investment needs range from very conservative to very aggressive. Whether you're looking for growth or you're looking for income, there's a managed portfolio that matches your objectives as an investor.

A key benefit of managed portfolios is the focus on asset allocation, or the process of allocating your investment dollars among the various asset classes to help you diversify your investments and achieve your goals, whether it's the need for income or long-term portfolio growth or a balance of both. This diversification can be among bonds and stocks, and also in Canadian investments and investments from other parts of the world. Proper diversification tends to reduce the volatility – the ups and downs of investment returns in your total portfolio – yet still enables you to benefit from the gains of each asset class when they perform well.

Financial success comes from being diligent in setting aside money and investing that money well. One of the easiest ways to do so is to set up a regular investment plan rather than making one large annual lump sum investment. As contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer towards your goals with each contribution.

When setting up an investment plan and choosing the portfolio that best suits your financial needs, talk to an advisor to help decide upon what approach is best for you.

Most importantly, keep in mind that managed portfolios are effective, low-maintenance solutions that enable you to invest in future financial goals without missing out on the present. CIBC prides itself on being a leader in managed portfolios.

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JOB ACTION

YRT workers may strike

Commuters who take York Region transit may want to prepare for a possible strike.

A group of YRT workers in Vaughan could go on strike Monday at 12:01 a.m.

The job action would affect about 28,000 riders in Vaughan along with some bus routes in the nearby communities of Richmond Hill, Newmarket, Aurora, Markham and King Township.

Talks between the union and Veolia Transportation, the company that runs the buses, are continuing but the next meeting is not scheduled until Sunday.

Regional officials are hoping talks will progress beyond the deadline but want to give passengers advance notice of the possible job action.

THE CANADIAN PRESS

TARA WALTON/TORSTAR NEWS SERVICE

▶ A Canadian-authored World Bank study found Whitby, pictured here, to be the worst GTA neighbourhood according to its per capita CO2 emissions.

Whitby leads the GTA for pollution: Study

Report also finds suburbanites produce more carbon emissions than downtowners ● Heating, transportation are culprits, says urban specialist

Whitby may be the worst place for per capita CO2 emissions in the GTA — 13.02 tonnes — but it has plenty of bad company in areas surrounding Toronto, according to a recent report from two Canadian researchers.

"Whitby's the highest, but if you look at the figures you'll see it's really the whole suburbs, it's basically the 905," said Dan Hoornweg, lead urban specialist at the World Bank. Hoornweg, together with University of Toronto master's student Lorraine Sugar, co-authored a report called Cities And Greenhouse Gas Emissions: Moving Forward.

The two used data from energy-use figures in the 2001 census and the 2001 Transportation Tomorrow survey, a co-operative compilation put together regularly by local and provincial governments.

What it shows may surprise those who think the congested downtown core is the problem. Looking at per capita neighbourhood carbon emissions, the report indicates that suburbanites produce more than downtowners.

"It's mainly the heating and the transportation that drive the numbers," said Hoornweg. Bigger personal vehicle use has the most impact, "followed by electricity use and building use — and that's simply a function of bigger houses," he said.

"There are bigger houses in the 905; bigger houses need more heat, more air conditioning, more Christmas lights."

TORSTAR NEWS SERVICE

A look at 3 GTA neighbourhoods — from worst to best polluters

Worst: Whitby

- **Per capita CO2 emissions:** 13.02 tonnes
- **Biggest culprit:** Highway 401. Not only do residents of outer suburbs commute by car; they also drive to the grocery store, school and recreational activities.

Middle: Etobicoke

- **Per capita CO2 emissions:** 6.62 tonnes
- **Density issue:** Homes are spaced slightly closer together in inner suburbs, says Hoornweg. But Etobicoke has a high proportion of larger single-family homes that require a lot of energy to heat.

Best: East York

- **Per capita CO2 emissions:** 1.31 tonnes
- **Why so green?** "A lot of people walk to work, or walk to the subway to get to work," says Hoornweg. Many homes are apartments or smaller dwellings that take less energy to heat.

Probing matters of the heart

About 40,000 coronary bypass surgeries are performed each year in Canada to prevent lethal heart attacks and strokes.

Ironically, for many patients, the operation can hasten them.

Now, a new study involving Toronto researchers is offering a ready means to determine which patients are most at risk of dying after surgery.

"It's a new understanding of ... cardiac bypass surgery," said Toronto General Hospital cardiologist Dr. Michael Farkouh, the senior study author.

"It could change the way (doctors) manage patients," said Farkouh, director of clinical trials at the hospital's Peter Munk Cardiac Centre.

The study, which took in nearly 19,000 bypass patients, shows that those with elevated levels of two enzymes — or markers — in their blood are at far greater risk of dying within five years.

2 Those patients with the highest levels of the two markers would have suffered the greatest heart injury during the open-chest operation, said Dr. Michael Farkouh.

"These are the markers we (typically) use to diagnose heart attacks," said Farkouh, of enzymes know as CK-MB and troponin.

"They're markers of injury to the heart. Overwhelmingly the deaths are occurring in people with elevated (enzyme) levels."

The paper appears this week in the Journal of the American Medical Association.

TORSTAR NEWS SERVICE

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- Cambridge Centre

COBOURG
- Northumberland Mall

ETOBICOKE
- Cloverdale Mall
- Sherway Gardens
- Woodbine Centre

GEORGETOWN
- 330 Guelph St.

LINDSAY
- 229 Kent St.
- Whitney Town Centre

MAPLE
- 2810 Major Mackenzie Dr.

MARKHAM
- 7357 Woodbine Ave.
- Market Village
- Markville Shopping Centre
- Pacific Mall

MILTON
- 377 Main St. E.

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- Westgate SmartCentres

NEWMARKET
- Upper Canada Mall

NORTH YORK
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- 170 Rimrock Rd.
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Hampshire Gate at Dundas
- Oakville Place

ORANGEVILLE
- 114 Broadway Ave.

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall
- Richmond Heights Plaza
- Time Square Shopping Centre

SCARBOROUGH
- 259 Morningside Ave.
- Bridlewood Mall (kiosk)
- Cedarbrae Mall (kiosk)
- Malvern Town Centre
- Parkway Mall
- Scarborough Town Centre

SUDBURY
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- New Sudbury Centre
- Southridge Mall

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- Promenade Mall

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- 209 Danforth Ave.
- 700 Gordon Baker Rd.
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- 2081 Steeles Ave. W.
- 2323 Yonge St.
- Chinatown Centre
- College Park
- Dufferin Mall
- East York Town Centre
- Eaton Centre
- Eaton Centre II
- Eglinton Square
- Exchange Tower
- Gerrard Square
- Holt Renfrew Centre
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- Scotia Plaza
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Khadr clemency bid 'big deal': Lawyer

COLIN PERKEL/THE CANADIAN PRESS

▶ Omar Khadr is seen in Guantanamo Bay's Camp 4 in October 2010, days before the 24-year-old Canadian was convicted of five war crimes and sentenced to eight more years.

▶ Military jury sentenced Khadr to 40 years ▶ Plea deal term eight years

Convicted Canadian war criminal Omar Khadr will be seeking clemency in hopes of an early release from his prison cell in Guantanamo Bay and a quicker return to Canada, The Canadian Press has learned.

An application that could seek remedies ranging from an outright acquittal to a commuting of his eight-year sentence is set to go before the head of the military commissions within a few weeks.

Speaking from Memphis, Tenn., Khadr's Pentagon-appointed lawyer Lt.-Col. Jon Jackson confirmed that Khadr's defence team was finalizing the application to the convening authority.

"We haven't made any final decision on what we're going to request," Jackson said yesterday.

"He is doing remarkably well. He's just a good kid."
LT.-COL. JON JACKSON, KHADR'S PENTAGON-APPOINTED LAWYER

"We're (also) currently in the process of determining what specific areas of law we're going to address."

The clemency application is expected to be submitted in about two weeks, and a decision could come shortly after.

In October, the Toronto-born Khadr, 24, pleaded guilty to five war crimes, including murder in violation of the rules of war, stemming from the death of an American soldier in Afghanistan in July 2002.

THE CANADIAN PRESS

Battered woman's removal reassessed

A battered wife's deportation is on hold after a Toronto Star investigation revealed her life could be in danger if Canada sent her to Portugal.

Liliana Fontes, 25, went into an interview with the Canada Border Services Agency in Toronto yesterday fearing a hard date for her removal from Canada. The Portuguese native was greeted instead by an official who suggested she file for a second assessment of the danger she faced from a husband who allegedly threatened to kill her upon arrival.

"I'm breathing a little better now," Fontes said after the meeting. "They say they are willing to have another look at my case and a final decision will not be made for several months."

TORSTAR NEWS SERVICE

Speeder to be fined up to $10,000

Toronto police say a man in his 20s is facing stunt-driving charges after a car was clocked doing 155 kilometres per hour along the eastbound Gardiner Expressway early yesterday.

Police say the driver was arrested about 3:30 a.m. and faces a fine of up to $10,000. THE CANADIAN PRESS

Man stabbed in east-end carjacking

Toronto police say a 17-year-old youth faces several charges, including attempted murder, after a carjacking.

Police say a 66-year-old man was attacked after arriving home Tuesday night at an apartment building on Eccleston Drive.

THE CANADIAN PRESS

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Abortion back in U.S. politics

Protective Life Act would refuse federal funding for abortions under Obama's health-care overhaul

The hot-button issue of abortion is back in the U.S. spotlight, pushed to centre stage by a sea of new Republicans in Congress who are seeking to place fresh restrictions on a procedure that continues to bitterly divide Americans.

Two high-priority Republican House of Representatives bills are being debated this week. Both would restrict federal funding for abortion.

The No Taxpayer Funding for Abortion Act, introduced by New Jersey legislator Chris Smith, would eliminate tax incentives for companies that provide health care if their plans allow for abortion coverage. For many businesses, however, tax incentives are the only way they can afford to provide health care at all to their employees.

THE CANADIAN PRESS

Pro-life

▶ That law "goes so far over the line on this one that if a woman comes in distressed into an emergency room, she just might be left to die under provisions in these bills," said Democratic Sen. Barbara Boxer.

Facebook. Status

▶ Michelle Obama gets a hug from Grade 2 student Demarion Jackson yesterday while visiting students at the Burgess-Peterson Academy marking the first anniversary of her Let's Move campaign in Atlanta.

JOHN AMIS/THE ASSOCIATED PRESS

Obama doesn't 'like' it

Michelle Obama says her girls have certain restrictions that other children do not have because of Secret Service security issues. But she also said she's "not a big fan of young kids having Facebook."

London woman dies after butt injection

Police questioned a New Jersey woman and were seeking a second woman for questioning in the case of a London woman who died after receiving cosmetic injections in her buttocks at a hotel near Philadelphia International Airport.

Investigators issued a search warrant at the New Jersey home of a woman they believe organized the appointment, Philadelphia police Lt. Ray Evers said yesterday. She was questioned and unspecified evidence was seized from the residence but she was not arrested, he said.

THE ASSOCIATED PRESS

MATT ROURKE/THE ASSOCIATED PRESS

▶ A Philadelphia police crime scene unit member.

N. Korea storms out of talks

North Korean military officers stalked out of the first official talks with rival South Korea in months yesterday, dashing hopes for eased tensions after a deadly artillery attack in November increased fears of war.

The two sides disagreed about what should be on the agenda of their next talks.

THE ASSOCIATED PRESS

Who's talking?

▶ South Korea argued the talks should focus on two attacks against it last year, while the North Koreans demanded discussion of other military issues as well, South Korea's Defence Ministry said.

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▶ A Nordiques fan visits Parliament Hill in September 2010.

Gas-tax cash for arenas?

Scheme would give cities more say ● Tories would avoid bad optics of giving tax dollars to pro sports

The Conservatives are considering changes to the national gas-tax fund so Quebec City can use the money to fund its arena, a senior government source said yesterday.

The scheme would allow cities to reallocate the annual $2-billion federal gas-tax fund. Under existing rules, gas-tax revenue cannot be used to build sports facilities. It must be put toward infrastructure.

Rick Dykstra, the hockey-playing MP from St. Catharines, took the proposal to the Tory caucus yesterday. Sources say it was well-received.

But the motion drew flak from cash-strapped cities and provinces who suggest that, with no new federal money on offer, the concept amounts to robbing Peter to pay Paul.

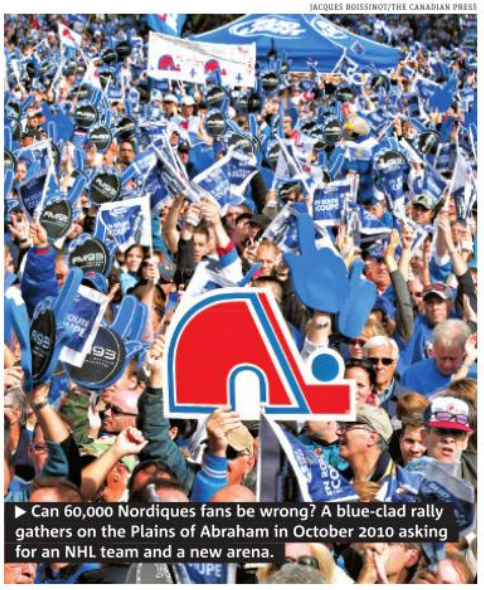
"My understanding is that money is already spoken for ... If they've got it dedicated for other things, then it makes it very, very difficult."
KEN CHEVELDAYOFF, MLA FOR SASKATOON SILVER SPRINGS

Saskatchewan MLA Ken Cheveldayoff, who is seeking funding to build a new home for the Saskatchewan Roughriders, says the gas-tax cash in his province is already allocated, and changing the rules could cause problems.

Quebec City Mayor Regis Labeaume said the proposal is not an option because without new money the city would have to reduce financing for infrastructure. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS



▶ Can 60,000 Nordiques fans be wrong? A blue-clad rally gathers on the Plains of Abraham in October 2010 asking for an NHL team and a new arena.

Trial balloon

Ottawa is floating the idea of letting cities use gas-tax money to build arenas and letting them weather the political fallout.

- **No Conservative cabinet** members have endorsed the scheme, though Quebec MPs favour using new federal funds to build an NHL arena in Quebec City.
- **"If the government were** to play a role in this project, it would have to be fair to all regions of the country, and affordable, as we are entering a period of fiscal restraint," said Nina Chiarelli, spokeswoman for Infrastructure Minister Chuck Strahl.
- **Regina, Edmonton and St.** Catharines are also seeking money for new arenas.
- **A recent Canadian Press** Harris-Decima survey suggests a majority of Canadians don't want the federal government using tax dollars to pay for arenas or stadiums for professional sports teams. It found 55 per cent opposed the idea; 41 per cent were in favour.

POLITICAL HEADACHE

Quebec City Mayor Regis Labeaume, above, hopes an arena will help his city lure back an NHL team 15 years after the beloved Nordiques left for Colorado. But Labeaume's crusade has put the Harper government in an awkward spot. Investing in a Quebec City arena might boost the Conservatives' sagging polls in the province, but could generate a backlash in the rest of the country.

Financing a pro sport facility at a time of record deficits adds another level of difficulty. Harper has suggested that any solution must be applicable across the country.

THE CANADIAN PRESS

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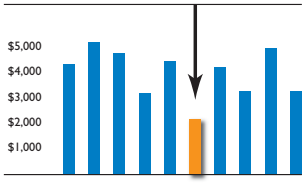

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4 die in collision between school bus, minivan

Quebec police investigating why van swerved into oncoming traffic Students only suffer minor injuries

Cries for help punctured a windswept stretch of road in rural Quebec yesterday as survivors from a deadly crash between a school bus and a minivan struggled to free themselves from the wreckage.

The collision left four people dead and several others badly injured, although the students and the bus driver suffered only minor injuries.

Police believe the minivan swerved into oncoming traffic before slamming into the bus near the town of Berthierville, about 80 kilometres northeast of Montreal.

The impact was strong enough to tear the engine hood clear from the bus, while the front end of the van was turned into little more than a compressed mass of metal.

RYAN REMIORZ/THE CANADIAN PRESS

▶ An officer investigates the crash scene.

All 13 passengers on the bus, along with its driver, were taken to a local hospital, where they were treated for a range of minor injuries, including shock.

Authorities did not release the identities of the deceased, but said they were all males who were returning home after their night shift at a chicken-plucking factory.

The four killed were believed to be aged 32, 30, 28 and 22. Three of them died on impact, or shortly after. The fourth died while receiving emergency care in Montreal.

THE CANADIAN PRESS

Flutes. In space

▶ Astronaut Scott Kelly holds a microphone for astronaut Catherine Coleman, right, while she plays the flute aboard the International Space Station.

NASA/THE ASSOCIATED PRESS

A space station serenade

Musical astronaut Catherine Coleman has plenty of flutes to pick from aboard the International Space Station. One is her own, two belong to members of the Irish group, the Chieftains, and one belongs to the flutist with the Jethro Tull band. But she's the only flutist among the six-member space station crew, so she puts flute music on in the background and plays along.

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▶ Transportation Safety Board of Canada officials, from left, Mike Cunningham, Wendy Tadros, Mark Clitsome and Jean-Marc Ledoux, hold a news conference in St. John's, N.L., yesterday after releasing the final report into the fatal 2009 crash of Cougar Flight 91.

Ground rough sea flights, board advises

Report released for helicopter crash off the coast of Newfoundland that killed 17 people in 2009

A Transportation Safety Board report into a deadly helicopter crash off Newfoundland recommends grounding flights over seas that are too rough for a survivable emergency landing.

The board's chairwoman, Wendy Tadros, said yesterday that all Sikorsky S-92 helicopters should be able to run dry without lubrication in their main gearboxes for at least 30 minutes.

She also said the Federal Aviation Administration in the United States should look at harsh operating environments and decide whether the gearboxes should be able to operate for longer than 30 minutes without oil.

17
Seventeen people who were on their way to Newfoundland's offshore oilfields were killed in the crash. The sole survivor, Robert Decker, was rescued after a narrow escape from the wreckage.

"All S-92A helicopters should be able to run dry for at least 30 minutes. That's key," Tadros told a news conference in St. John's.

"In addition, we want the FAA to look at today's operating environments — Hibernia, the Arctic, the North Sea, any of these extreme locations — and decide whether even 30 minutes is enough time."

The U.S. agency declined an interview, but in an email statement it said it will respond to the report "in a timely manner."

THE CANADIAN PRESS

MIDWAY

Ottawa's Super Ex cancelled

The midway will be silent this summer at the Central Canada Exhibition.

The board of directors has decided it will suspend the 2011 Ottawa Super Ex.

It will be the first time since 1888 — except for both world wars — that no Super Ex will be held at Lansdowne Park.

The redevelopment of Lansdowne Park and prohibitive costs to operate on any temporary site this year were among the reasons cited for cancelling the Ex.

The Central Canada Exhibition says it will continue to have discussions with the city and others to have its new home ready for 2012.

THE CANADIAN PRESS

New app created for confession

Got sins?

A new app for the iPhone and the iPad seeks to help Catholics prepare for confession, that sacred ritual of seeking penance for sins big and small. "Confession: A Roman Catholic App" does not purport to take the place of an actual confession.

THE ASSOCIATED PRESS

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Giffords speaking, eating

U.S. Congresswoman Gabrielle Giffords spoke for the first time since she was shot in the forehead and is speaking "more and more," her spokesman said yesterday in Phoenix. C.J. Karamargin said one morning Giffords asked for toast.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Gabrielle Giffords

Road to recovery

- **Six people were killed and** 13 injured in the Jan. 8 shooting at a Tucson supermarket.
- **Giffords' husband, Mark** Kelly, a NASA astronaut, leaves April 19 for a two-week mission to the International Space Station.
- **Her doctor, Gerard** Francisco, said it's too early to say if Giffords will be well enough to attend the launch.

Woman 'can't remember' giving birth

Charges laid after choking baby found in toilet at sports arena

A woman accused of giving birth in a sports arena toilet and leaving her baby to die didn't know she was pregnant and can't remember the birth, her mother told a judge in Greenville, S.C., yesterday.

Jessica Blackham felt ill during a circus performance and went to the bathroom, Anita McAuliffe said during a bond hearing for her daughter. She told the judge that her daughter can't remember what happened next and later went to hospital and was treated for bleeding.

Police say Blackham, 24, gave birth to the 2.72-kilogram boy and left him in the toilet's cold water on Friday night. Blackham, who also has a four-year-old child, is charged with felony child abuse and unlawful neglect of a child. She could face up to 30 years in prison.

"She has not shown any signs of being pregnant whatsoever."

ANITA MCAULIFFE, MOTHER OF JESSICA BLACKHAM, CHARGED WITH ABANDONING HER INFANT

Arena workers found the asphyxiating child and called authorities. The infant, who is in the care of the South Carolina Department of Social Services, is in good condition.

Prosecutor Walt Wilkins said the charges are serious because the infant was abandoned for at least 90 minutes and was suffering from hypothermia.

THE ASSOCIATED PRESS

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Texas. Tempest

▶ Emergency workers tend to a multi-vehicle accident yesterday on Interstate 40 in Amarillo, Texas, after a semi-truck jackknifed.

MICHAEL SCHUMACHER/THE ASSOCIATED PRESS

Winter's one-two punch

A powerful Arctic storm ripped through the central plains and as far south as Texas yesterday, dropping more than 30 centimetres of snow in some places. Hardest hit were Oklahoma, Arkansas and Kansas, but the snowy front reached as far as the Texas Panhandle in the north of the state, closing schools and wreaking havoc on the roads.

Minor injuries after train hits man

29-year-old Saskatoon male was intoxicated at the time, police say

An intoxicated man in Saskatoon strolled right into an oncoming train yesterday, but will live to tell about it.

Police say after the Canadian Pacific freight train clipped the 29-year-old, he was able to get up and walk away.

"We got a call from witnesses who observed a gentleman walking down the Canadian Pacific train tracks, actually walking towards the train," said police Sgt. Ted Sperling.

"Witnesses say the train was blowing its horn (but) the rather intoxicated male was paying no attention. The train struck him."

"Witnesses say the train was blowing its horn (but) the rather intoxicated male was paying no attention"
POLICE SGT. TED SPERLING

Sperling says the train could not be stopped in time to prevent a collision.

The man was located two blocks away, unaware of what had just happened but complaining of pain throughout his body.

He was taken to hospital for treatment of minor injuries and is expected to be charged with trespassing. **THE CANADIAN PRESS**

Rideau Canal. Ottawa

▶ Sophie Gregoire-Trudeau, left, Justin Trudeau, right and their son Xavier enjoy a skate in the nation's capital.

SEAN KILPATRICK/THE CANADIAN PRESS

A smooch on skates

Liberal MP Justin Trudeau gets a kiss from his wife, Sophie Gregoire-Trudeau, as he carries his son Xavier, 3, on his shoulder as they skate on the Rideau Canal skateway in Ottawa yesterday.

Charges laid in fraud case

Hamilton police have laid fraud charges in connection with the misappropriation of funds from a church and bank.

Investigators allege a bank manager, who also was a church treasurer, used his positions to misappropriate more than $113,000 between 2008 and this past November.

$113,000
The amount that Mark Reimer allegedly misappropriated.

Police say a man obtained fraudulent loans using real customer names, but fabricated other personal information.

Mark Riemer, 32, is charged with theft by conversion over $5,000, two counts of obtaining credit by fraud and two counts of uttering forged documents. **THE CANADIAN PRESS**

Laptop rental leads to child porn arrest

Police in Peterborough, Ont., say a 40-year-old man faces charges after child porn was allegedly found on a rented laptop.

Police say they were called in December 2009 after a laptop returned to a rental store in the city allegedly contained images of child pornography.

He's charged with one count of possession of child pornography. **THE CANADIAN PRESS**

The arrest

- After a lengthy investigation, 40-year-old Troy John Adams was arrested Tuesday at his home in Havelock, 40 kilometres east of Peterborough.

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PJ top not shown. Matching fashion bra and panty sold separately.
Men's sleepwear & robes by NAUTICA, JOE BOXER, HUDSON ROOM and JONES NEW YORK*
In our sleepwear & robes dept.
Shown: JONES NEW YORK striped pajama
REG. $60 SALE $30
Men's underwear by STANFIELD'S, MCGREGOR, NAUTICA and JOE BOXER
Example: JOE BOXER Valentine's boxers
REG. $20 TO $22
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Women's fashion bras and panties by WONDERBRA, WARNER'S, OLGA, BALI, VALISERE, TRIUMPH*, MAIDENFORM and ESPRIT
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Savings are off our regular prices, unless otherwise specified. See in store for details.

News in brief

JEFF MCINTOSH/THE CANADIAN PRESS

Ex-governor in clemency row

SACRAMENTO, California. Arnold Schwarzenegger is facing a furor over his decision to grant clemency in a manslaughter case to the son of a key ally.

Schwarzenegger, above, cut the 16-year manslaughter sentence in half for 21-year-old Esteban Nunez just hours before leaving office as California governor.

THE ASSOCIATED PRESS

Heat, cold beat the bedbugs

TATAMAGOUCHE, N.S. A spokesperson for the Canada Winter Games in Halifax says bedbugs have been cleared from a dorm that will be used by young athletes. Workers used a combination of high heat and extreme cold to kill the bloodsucking pests.

THE CANADIAN PRESS

Parents face kidnap charges

DAYTON, Ohio. A couple who kept a nine-year-old girl in a barricaded bathroom for years when she wasn't in school are in jail after the girl told a school nurse about how she was being treated, police said yesterday. Police say the pair face kidnapping and child endangering charges.

THE ASSOCIATED PRESS

Russia ID's suicide bomber

MOSCOW. Russian officials have named 20-year-old Magomed Yevloyev as the suspected suicide bomber of Moscow's airport and have arrested his teenage brother and sister, officials say.

THE ASSOCIATED PRESS

Doublespeak angers Obama

White House concerned about conflicting messages over uprising in Egypt ◗ Biden says U.S. demands a 'prompt, meaningful' new day

The White House is working aggressively to erase conflicting messages on Egypt that have frustrated even U.S. President Barack Obama.

After comments by some State Department officials were interpreted widely as diverging from the White House position, the White House sought to dispel any notion it is either loosening pressure on President Hosni Mubarak or backing off from supporting the protesters flooding Cairo.

Much of the White House ire centred on comments made by Frank Wisner, the retired U.S. diplomat who was dispatched by Obama to help nudge Mubarak out of office.

Wisner stunned Obama officials by saying Saturday that Mubarak's continued leadership was critical as Egypt worked through reforms.

The White House also released a statement saying Vice-President Joe Biden, in a call to Egyptian Vice-President Omar Suleiman, made clear again that the U.S. wants an orderly transition to a new day in Egypt that is "prompt, meaningful, peaceful and legitimate."

The White House yesterday warned Egypt's leaders to expect unrelenting protests unless they start to show real reforms and begin transition to a freer society.

It dismissed concessions so far as not having met even the minimum threshold of what people want.

Obama administration officials also reasserted that the United States is not seeking to dictate events in Egypt, and that it cannot.

"We're not going to be able to force them do anything," White House spokesperson Robert Gibbs told reporters.

THE ASSOCIATED PRESS

Public rage

- Thousands of workers went on strike across Egypt yesterday, adding a new dimension to the uprising.
- Public rage turned to the vast wealth President Hosni Mubarak's family reportedly amassed while close to half the country struggled near the poverty line.
- Yesterday, protesters gathered at the parliament , the cabinet and the health ministry buildings.
- Strikes erupted among rail and bus workers, state electricity staff and Suez Canal technicians.

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Travel Mar 1/ac — + taxes & fees $83

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Travel Mar 1 - Mar 8/ac — + taxes & fees $116

Vancouver one-way $179
Travel Mar 1/ac — + taxes & fees $85

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Costa Rica $245
Travel Feb 14 - Feb 21/wg — + taxes & fees $249

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Nairobi $819
Travel Mar 23 - Apr 13/lx — + taxes & fees $557

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Carabela Beach — + taxes & fees $331
Departs Mar 4/nol/c6.

Cancun 7 Nights 4-Star $599
Cancun Roulette 4 — + taxes & fees $199
Departs Mar 5/sqv/qk. UPGRADE to the 5-star Riu Tequila for $49 per night.

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Riviera Maya Roulette 4 — + taxes & fees $197
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Departs Mar 18/nol/ts.

Panama 7 Nights 4-Star $847
Royal Decameron — + taxes & fees $245
Departs Mar 7/nol/ts.

Aruba 7 Nights 4-Star $1298
Holiday Inn Sunspree — + taxes & fees $250
Departs Feb 13/vat/ts.

USA

Las Vegas Air + 4 Nights $355
Imperial Palace — + taxes & fees $247
INCLUDES accom on the famous Las Vegas Strip. Departs Mar 6/swg/wg. UPGRADE to the 4-star Luxor Las Vegas for $15 per night.

Boston St Patrick Day Air + 3 Nights $417
Royal Sonesta Hotel — + taxes & fees $127
INCLUDES accom on the Cambridge side of the Charles River. Departs Mar 16/ggv/ac.

New York Air + 3 Nights $494
Manhattan at Times Square — + taxes & fees $122
INCLUDES central accom in Times Square. Departs Feb 17, 24/ggv/ac. ADD theatre tickets to Billy Elliott for $129.

San Francisco Air + 4 Nights $669
Renoir — + taxes & fees $135
INCLUDES central accom in the heart of downtown. Departs Mar 3, 10, 17/ggv/ua. ADD a wine country tour for $69.

New Orleans Mardi Gras Air + 3 Nights $799
Holiday Inn Superdome — + taxes & fees $123
INCLUDES accom in New Orleans during Mardi Gras. Departs Mar 7/ggv/ua. ADD Ghosts and spirits walking tour for $23.

Honolulu Air + 7 Nights $979
Maile Sky Court — + taxes & fees $126
INCLUDES accom within close walking distance to Waikiki beach. Departs Mar 1/ggv/dl. ADD Oahu bike & hike tour for $117.

Vacations

Bermuda Air + 5 Nights 5-Star $909
Fairmont Hamilton Princess — + taxes & fees $135
INCLUDES luxury 5-star accom with hotel transfers and complimentary ferry to the Fairmont Southhampton. Departs Apr 20/wsv/ws.

Buenos Aires Air + 7 Nights $1049
Imperial Park — + taxes & fees $559
INCLUDES 4-star central accom close to Obelisk. ADD airport transfers from $80. Departs Mar 15/ggv/la.

Frankfurt & Amsterdam Air + 9 Nights $1279
The Savoy, Tulip Inn Amsterdam Centre — + taxes & fees $336
INCLUDES air into Frankfurt, return from Amsterdam, 4 nights Frankfurt accom, train transfer & 5 nights Amsterdam accom. Departs May 7/ggv/ts.

Cape Town Air + 7 Nights $1429
Fountains — + taxes & fees $513
INCLUDES 4-star accom in downtown Cape Town. Departs Mar 15/ggv/sa.

India Air + 11 Nights $1739
Pearls Oceanique Resort, Ramee Guestline Juhu — + taxes & fees $461
INCLUDES air, 8 nights 4-star Goa beach accom, 3 nights 4-star Mumbai beach accom.
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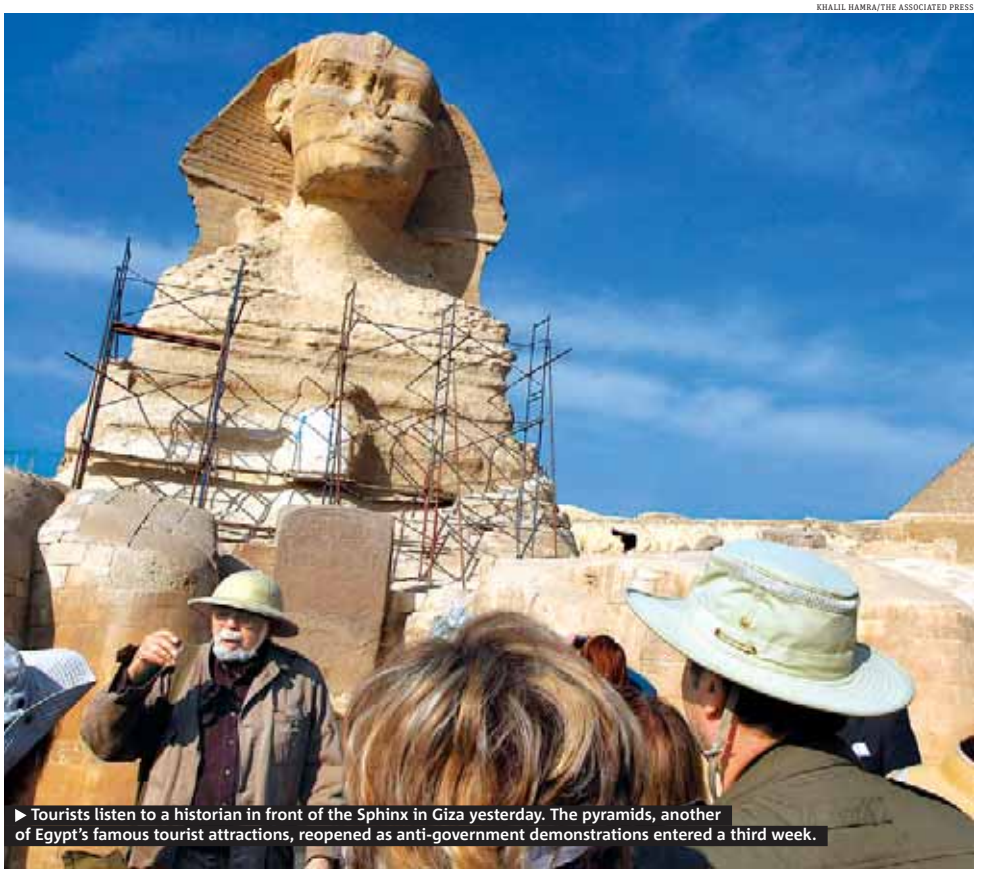
KHALIL HAMRA/THE ASSOCIATED PRESS



▶ Tourists listen to a historian in front of the Sphinx in Giza yesterday. The pyramids, another of Egypt's famous tourist attractions, reopened as anti-government demonstrations entered a third week.

Newspaper on spot over phone hacking

British police said yesterday they will contact thousands of people whose cellphones may have been targeted by the News of The World newspaper.

The disclosure indicates the scale of the scandal at the heart of Rupert Murdoch's media empire.

Police have long insisted only a small number of people were believed to have been spied on by the tabloid, which employed a private detective to break into the voice mail boxes of the paper's targets and eavesdrop.

But that contention has been challenged by lawmakers, fellow journalists and former employees of the News of The World, who say the practice was widespread.

It's also alleged police hid the full scale of the operation for fear of jeopardizing relations with the powerful tabloid.

THE ASSOCIATED PRESS

'Fresh approach'

- Britain's police have long been cagey about who exactly was targeted — and how many individuals were involved.
- Alleged victims of the hacking have complained that police only gave them evidence reluctantly — fuelling allegations of a coverup.
- Now police say they are taking a "fresh approach" to informing people whose names appeared in documents taken from the the News of the World's private investigator, Glenn Mulcaire.
- "With this new investigation, we will be as open as we can be and will show them all the information we hold about them, while giving them the opportunity tell us anything that may be of concern to them," said Deputy Assistant Commissioner Sue Akers.

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PAWEL DWULIT/THE CANADIAN PRESS

▶ Helena Guergis

Guergis won't give up

▶ Son Zavier is being cared for at home by husband Rahim Jaffer ▶ Guergis is ramping up work schedule as a new mother sitting in House of Commons

Helena Guergis hasn't given up her fight to find out why she was turfed from the Conservative cabinet and caucus. The birth of the independent MP's son two months ago has only strengthened Guergis's resolve to get to the bottom of the allegations against her. Guergis lost her cabinet post, was kicked out of the Tory caucus and lost the nomination in her riding last spring after Prime Minister Stephen Harper announced he had referred allegations about her to the RCMP. The RCMP ultimately said they had closed the case and never filed charges against Guergis or her husband Rahim Jaffer, a former Tory MP. THE CANADIAN PRESS

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Lawyer ordered to apologize

Trial

▶ **Friday** is the last scheduled day of the trial before the three-judge panel retires to consider its verdicts, expected later this year.

International justices ordered Charles Taylor's lawyer to apologize and end his boycott of the final stages of the former Liberian president's war crimes trial after the attorney accused the judges of putting their egos ahead of justice.

The judges of the Special Tribunal for Sierra Leone issued a written "direction" telling Courtenay Griffiths to appear at a hearing Friday and apologize for storming out of court Tuesday.

THE ASSOCIATED PRESS

War. Of Words

▶ Cambodian Gen. Chea Tara talks with reporters yesterday near Cambodia's famed Preah Vihear temple, a UNESCO World Heritage site, in Preah Vihear province, about 245 kilometres north of Phnom Penh, Cambodia.

HENG SINITH/THE ASSOCIATED PRESS

Denying accusations

Cambodia angrily rejected Thailand's accusation that Cambodian troops used a centuries-old Hindu temple along their disputed border as a military base, revving up a war of words yesterday amid a fragile truce.

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Quebec singing a sour song

Games boss pilloried over lack of French at the Vancouver Games

Why was there almost no French spoken at the opening ceremonies of last year's Vancouver Olympics?

Games CEO John Furlong's explanation is being pilloried in Quebec.

In a new memoir, Furlong writes that the ceremony lacked French content because Quebec hero Gilles Vigneault refused to let organizers use his song Mon Pays.

But a veteran sports columnist in Montreal's La Presse called the explanation shameless.

The official languages commissioner of Canada, Graham Fraser, also rejects the way Furlong describes some of the events leading up to the Games.

In the legislature, the province's culture minister called Furlong's explanation juvenile and naive.

Those were the same words used by Vigneault, the songwriter, in a newspaper interview.

The Parti Québécois again attempted to reprimand Furlong but the governing Liberals blocked it.

THE CANADIAN PRESS

"They asked for a translated and truncated song ... you don't amputate a song."

QUEBEC NATIONALIST HERO GILLES VIGNEAULT

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ John Furlong

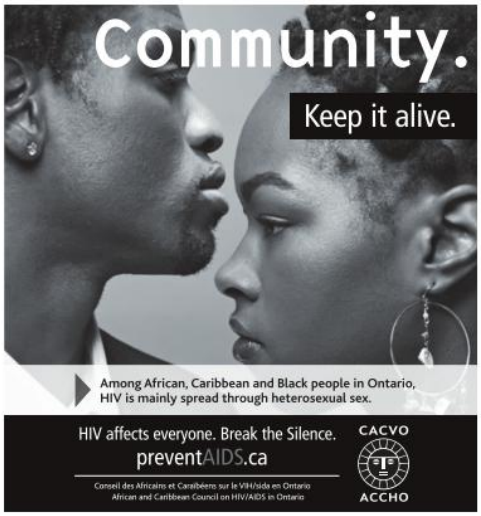
Italy. PM under siege

▶ Silvio Berlusconi, pictured in Rome yesterday, called the prosecutors' request for an immediate trial "shameful and disgusting."

PIER PAOLO CITO/THE ASSOCIATED PRESS

Can he dodge this one?

Italian prosecutors demanded yesterday that Prime Minister Silvio Berlusconi be put on immediate trial over accusations he paid for sex with a 17-year-old Moroccan girl and used his influence to try to cover it up. The prosecutors, who filed their request in Milan, believe there is overwhelming evidence against the 74-year-old leader. He denies it.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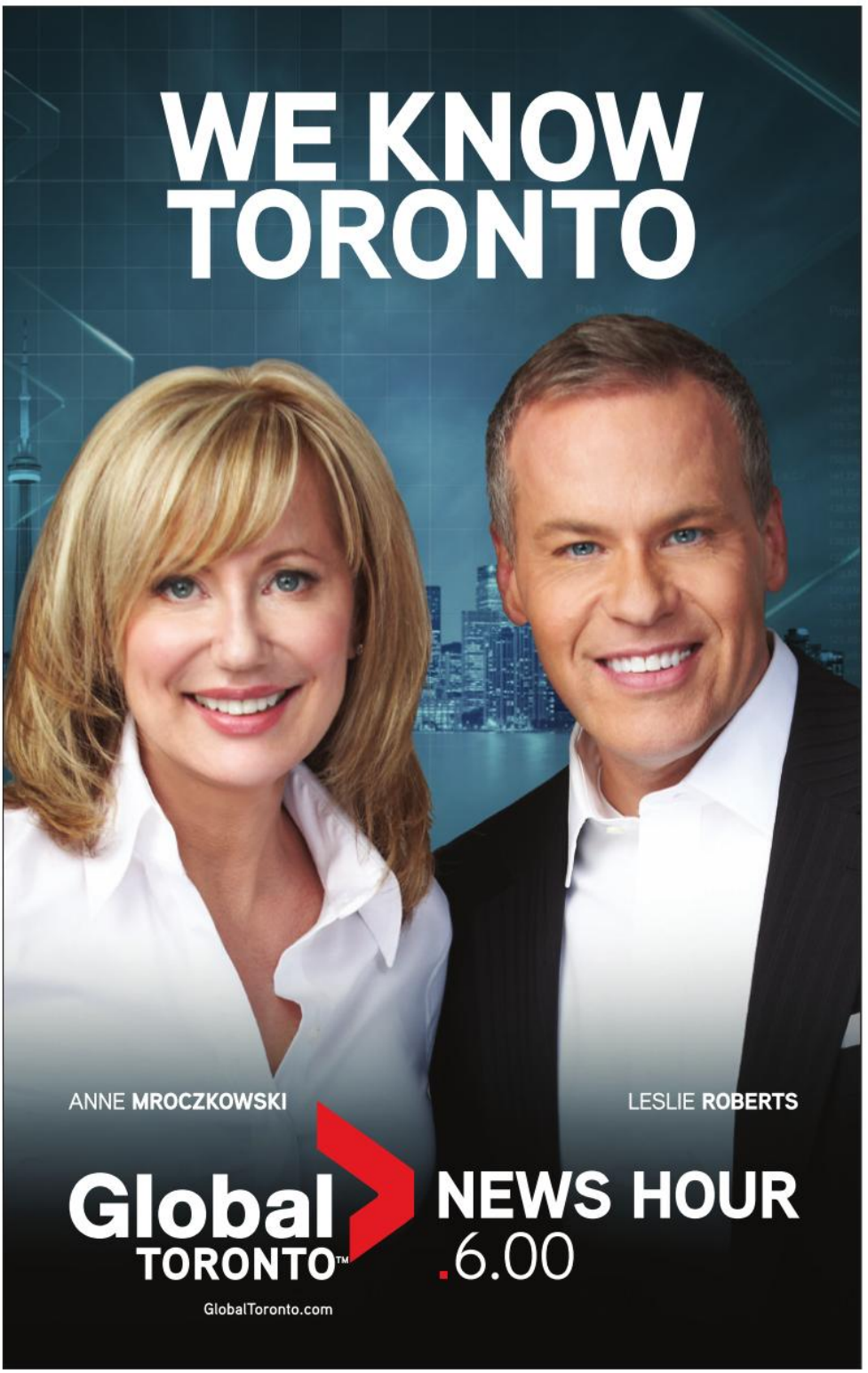

By the numbers

138

WestJet Airlines stock soared yesterday as it reported better-than-expected profits and touted its efforts to woo more corporate clientele.

Shares rose more than 10 per cent to $14.54 on the Toronto Stock Exchange, more than recovering the value they lost over the past two weeks.

The Calgary-based firm said its fourth-quarter profits climbed 138 per cent to $47.9 million, or 33 cents per share.

THE CANADIAN PRESS

97.5

Intact Financial Corp. said yesterday it earned a fourth-quarter profit of $97.5 million, up from $96.7 million a year ago, boosted by investment gains.

The Toronto-based insurance company also increased its quarterly dividend by three cents, to 37 cents per share.

Intact's profit amounted to 87 cents per diluted share for the quarter ended Dec. 31.

THE CANADIAN PRESS

40.7

Flight simulator and training company CAE Inc. earned $40.7 million in the third quarter of its fiscal year as its training business benefited from the recovery in the commercial aerospace sector.

THE CANADIAN PRESS

78

Nissan reported a 78 per cent jump in quarterly profit and raised its full-year forecasts yesterday as vehicle sales grew in North America, Europe and Asia, offsetting a weak performance in Japan.

THE CANADIAN PRESS

TSX boss feels on top of the world

Kloet says linkup with London will 'redefine the global exchange business' Clement urges caution

CHRIS YOUNG/THE CANADIAN PRESS

▶ Xavier Rolet, left, CEO of the London Stock Exchange, shakes hands with Toronto's Thomas Kloet yesterday at a news conference in Toronto.

Call it a world-beating win-win situation.

A transatlantic union between the biggest stock exchanges in Canada and Britain will create a new force in global finance, the head of the Toronto Stock Exchange said yesterday.

The linkup between TMX Group and the London Stock Exchange will "redefine the global exchange business," chief executive Thomas Kloet added.

But even as the Canadian and British operators planned to join hands, officials at stock exchange operators in New York and Germany announced their own merger talks.

NYSE Euronext and Deutsche Boerse AG said there's no definite deal.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	GOLD
+ 0.07¢ ($100.61 US)	+ $1.40 US ($1,365.50)
OIL	**TSX**
– $0.23 ($86.71 US)	– 108.22 13,784.30

Meanwhile, Industry Minister Tony Clement said his department will look at the Canada-U.K. deal to see whether it requires an official review.

THE CANADIAN PRESS

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metro

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OK students, the next lesson is all about cash

Financial literacy should be taught in schools, panel says Even elementary students need lessons

A federal task force says financial literacy should be taught as part of the regular school curriculum throughout Canada.

The task force says it's no longer acceptable that such an important subject gets short shrift or is ignored in many schools.

Some provinces, such as British Columbia, already offer courses.

But the head of the task force, Donald Stewart, says jurisdictions should follow suit.

The introduction of financial literacy in schools at the elementary, secondary and post-secondary levels is one of 30 recommendations made by the task force.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty takes part in an Ottawa news conference where the task force's report was released.

Others include the establishment of a website where Canadians can obtain information on everything from mortgages to retirement planning.

Stewart says financial literacy is also important for economies.

He cites the sub-prime mortgage meltdown in the U.S. as a prime example of a failure to understand basic concepts of risk.

THE CANADIAN PRESS

Distiller has a spirited 2nd quarter

Corby Distilleries profits went up — and down — in the second quarter.

The Toronto-based liquor producer reported net profits of $9.4 million or 32 cents per share for the quarter ended Dec. 31, a seemingly sharp improvement over the $1.1 million or four cents a share booked during the same period in fiscal 2010.

But after factoring in a $9.4-million impairment charge, Corby said profits actually declined 13 per cent from where they were the year before.

THE CANADIAN PRESS

4

Lower shipment volumes and inconsistent sales prompted a four per cent dip in second-quarter revenue, Corby Distilleries said yesterday.

Food for thought

VINNY TENNIS/THE ASSOCIATED PRESS

▶ Major food makers have said they will be raising prices this year because they're paying more for corn.

U.S. RESERVES LOW

WHY CORN WILL HIT SHOPPERS' WALLETS

U.S. reserves of corn have hit a 15-year low that will likely lead to higher food prices in 2011.

The price of corn affects most food products.

Corn is used to feed the cattle, hogs and chickens that fill the meat aisle, and is the main ingredient in some cereals and snacks such as tortilla chips.

Turned into corn syrup, it sweetens most soft drinks.

The U.S. Department of Agriculture reported yesterday that the ethanol industry's projected orders this year rose 8.4 per cent, to 13.01 billion bushels.

This means the U.S. will have about 675 million bushels of corn left over at year's end. That's roughly five per cent of all corn that will be consumed, the lowest surplus level since 1996.

THE ASSOCIATED PRESS

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RUN OVER BY A STREETCAR NAMED DESIRE

He says ...

JOHN MAZEROLLE

Pucker up, lovebirds! (Can birds pucker?)

It's time for Valentine's Day, that love-laden event where, like surgeons, we exchange hearts and hope no blood is spilled. Ever since some guy named Valentine got beaten and lost his head during a time of persecution, we've been celebrating the obvious tie-in with relationships.

It sort of makes you think.

In my case, my feelings toward the day have run as hot and cold as any Harlequin romance.

I hated Valentine's Day when I was young and unlucky in love, replaying every failed relationship in my mind over and over like a little Zapruder film, trying to decipher exactly what happened.

I loved Valentine's Day when I was engaged to be married, my love life as overflowing as Pamela Anderson in a "C" cup (you see how romance and poetry permeated every fibre of my being).

Now that I'm divorced, it would be fair to assume I hate the day again, ready to tell the world where it can put Cupid's arrow.

"... my feelings toward (Valentine's Day) have run as hot and cold as any Harlequin romance."

But you would be wrong. Mostly, I feel nothing — not jaded, joyless nothing, just nothing. I feel like I've been through enough in my life that no day can instruct me how to feel, good or ill.

I remember crushing on Nicole Boudreau in Grade 4 and changing the words of Christmas In Killarney so it went, "It's nice, you know, to kiss Boudreau, while cuddling under the mistletoe."

I remember my first love with Julie, a relationship so overwrought with tender, naive passion that Justin Bieber would have gagged.

I remember getting so infatuated with Cora in my early 20s that every song on the radio had added romantic weight, even if it was a jingle about toilet bowl cleaner.

I remember kissing my future wife in the rain.

And that's just the positive stuff. I've been run over by the streetcar named desire more times than I can count. I've been single, taken, engaged, married, divorced, exalted, ecstatic and enraged.

I'm not unique, by any means. But the day seems irrelevant to me. Valentine's Day can't move me or hurt me any more than Halloween can scare me or Labour Day can convince me to get a union card.

I'm just glad to know that there will be more times in my life — day unknown — when I'll go sappy, lose sleep, lose weight, feel sick to my stomach, and be scared. After all, that's what true happiness is about.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Penny for your thoughts

Letters & Tweets

Finance Minister Jim Flaherty spoke darkly on the penny's future this week and the coin's days appear numbered. Surely, the first currency most of us ever saved enough to roll deserves a warm send-off, so we asked you for your obituaries and tributes.

@lexiebexson: Due to cutbacks in the economy, the penny is now pennyless. It's been nickel-and-dimed to death.

@wilcre: Pennies, they corroded their way in. Now oxidized from us, rest my friend, you won't be forgotten for the next "DOT," 1858–?

@chelsea_mac1: The penny will be missed by all. Specifically by stores that will no longer be able to use $0.99 as their pricing strategies.

@toothpickgirl: RIP penny — you had great cents.

@stevehalifax: I guess the price of a "thought" jumps to five cents now!

@trevorboller: Canada loses all intelligence due to no more penny for your thoughts.

And here are a few dissenters, for whom the penny will be anything but missed.

@go2plan_b: Personally, I'll be glad to be rid of the penny.

@dev0kan: Good riddance. Pennies smell bad and cost more to make than the $0.01 that they're worth.

You had great cents

THE CANADIAN PRESS FILE

What's your Friday ritual to unwind from the week?

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Distribution: toronto_distribution@metronews.ca

Associate Publisher Irene Patterson, **Managing Editor** Jim Reyno, **Production/Distribution Director** Gerry Moher
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Metro Minute at Book Lover's Ball

Tonight's Book Lover's Ball at the Fairmont Royal York may be the year's key fundraising event to promote literacy and keep our city's public libraries running. But perhaps its most important social function is to demonstrate that book lovers do not conform to the mousy, bespectacled stereotype so widely proliferated by non-literary types. Nope. That's all just a carefully constructed ruse to prevent word from getting out that smarty-pants readers and writers are also really, really ridiculously good-looking. Joke's on you, gamers. Because tonight's party features a celebrity chef, a fashion show, silent auction, tons of acclaimed authors and loads of hot, smart people. Have fun with your Xbox.

JORDANA DIVON

CONTRIBUTED

▶ See? We weren't making it up. These beauties graced last year's Book Lover's Ball. To find out who will be there tonight, visit bookloversball.ca.

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Scene in brief

The Gay & Lesbian Alliance Against Defamation is honouring Ricky Martin and Kristin Chenoweth. The organization announced yesterday that Martin will receive the Vito Russo Award at GLAAD's 22nd annual Media Awards on March 19 in New York City. The award is presented to an openly LGBT media professional who made a significant difference in promoting equal rights.
THE ASSOCIATED PRESS

Elvis Presley Enterprises sues for copyright infringement, illegal sale of box set

▶ Valentine's Day can be a tough time of year for those not in a relationship.

Finding your perfect match is a tough job

BACKSTAGE PASS

IAN GORMELY
METRO TORONTO

Let's face it. Valentine's Day sucks. Those in relationships feel pressured to live up to the exceedingly high expectations set by Hallmark and bad rom-coms. Singles, meanwhile, are shut out of the process entirely. Which is probably why matchmaking services like Venus & Mars Matchmaking see a spike in interest come February 14.

"It's a busy time," says the company's owner Cheryl Bursey. "It's a reminder. People love to spend Valentine's Day with somebody."

But how do you find that somebody? Many are quick to head online, but with the plethora of sites and services on offer it's hard to figure out where you can find Mr. or Ms. Right.

Sites like eHarmony rely on a series of algorithms that crunch questionnaire answers to determine which of the site's 33 million users are your best matches.

But for Bursey and Gloria MacDonald, owner of Perfect Partners Relationship Search Inc., set surveys and algorithms don't figure into the equation.

"I have literally patterned my company after an executive search company," explains MacDonald. Both she and Bursey, herself a former executive headhunter, meet with each of their clients. "It's highly personalized," explains MacDonald.

After covering everything from career aspirations and family background to favourite books and pet allergies, both women start scouring their databases looking for who they, not a computer, think would make the best match.

"It's a combination of arts and science," says MacDonald. Both women almost always leave their meetings with a few potential matches already in mind. And if they can't find a suitable match within their existing roster, they start pounding the pavement to find the right person for their client. "I've walked up to people in grocery stores," admits Bursey.

So singles take note: you never know who might be sizing you up in the produce aisle.

Sing it sister

▶ **Karaoke.** Looking to ditch the fake-romance (fauxmance?) and have some actual fun on Valentine's Day? Then look no further than Worn Fashion Journal's annual Valentine's Heartbreak Karaoke. "It's a time to sing about love," says the magazine's editor-in-chief, Serah-Marie McMahon. "But especially to sing about heartbreak." The night is unique in that it's geared toward anybody, regardless of relationship status. "It's karaoke. It's the most uniting activity," she says. "Who doesn't have a heartbreak story? It's cathartic. It's a way to let it all out." Even if singing in public isn't your thing, says McMahon, watching others do it is pretty entertaining.

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SPACE

5 anti-Valentine's flicks

Everyone watches the standard romantic comedies on Valentine's Day, so why not try something a bit different Romance and loves comes in all shapes and sizes in Hollywood

Anyone can run out and rent a romantic comedy starring Julia Roberts for Valentine's Day. Anyone can stream the latest innocuous offering from Drew Barrymore — or Jennifer Aniston, or Kate Hudson.

But it requires real guts to sit down with that special fellow or lady in your life and take in one of these massively uncomfortable choices. So here, without any needless flowery language, are the five most inappropriate movies to watch with someone you love on Valentine's Day.

THE ASSOCIATED PRESS

1
Blue Velvet (1986)

Nothing is ever what it seems in a David Lynch movie, and that certainly applies to love, as well. So a severed ear found lying in a field is so much more than just a severed ear — it's the key to a disturbing, underground world of twisted romance. Beneath a veneer of genteel suburbia, Kyle MacLachlan gets sucked into the bizarre lives of Dennis Hopper as a nitrous oxide-addicted criminal, and Isabella Rossellini as his masochistic sexual slave. Voyeurism and depravity, Roy Orbison and Pabst Blue Ribbon all collide hypnotically here. Lynch alternates between glib satire and a much darker, starker exploration of secret fears and desires.

2
Natural Born Killers (1994)

Woody Harrelson and Juliette Lewis fall in love and kill people, and fall deeper in love and kill more people, and become media darlings in the process.

It's sort of romantic ... in its own way. Oliver Stone isn't exactly subtle in his satirical exploration of underserved fame and all its trappings; as is his tendency, he throws everything at us, from various film stocks and frenetic camera angles to an editing style that suggests he cut the film in a Cuisinart. But he was onto something back then, and the thirst for juicy scandal continues to go unquenched, no matter how questionable a person's actions are.

3
Fatal Attraction (1987)

It's long since become a shorthand for stalking — for crazy, clingy women who are too delusional to take "no" for an answer. All you have to do is mention boiling a bunny and everyone knows what you're talking about.

But back in its day, believe it or not, people actually took this movie seriously as a suspenseful thriller. It was nominated for six Academy Awards, including best picture and best actress for Glenn Close's indelible performance as a spurned, vengeful mistress. If director Adrian Lyne's sleek, steamy film has taught us anything, it's that it is so much easier to stick with your husband or wife than indulge in an afternoon tryst. So maybe this is a good movie to see with the one you love after all.

4
Who's Afraid of Virginia Woolf? (1966)

Richard Burton and Elizabeth Taylor chew up the scenery and tear each other apart as the boozy and bickering husband and wife George and Martha. In adapting Edward Albee's painfully honest play, director Mike Nichols burst onto the scene with this, his first feature (The Graduate came the following year).

He gets up close and personal to provide an intimate view of the carnage. Burton and Taylor start out slyly needling each other in front of their poor, unsuspecting guests, then humiliating each other, and by the end, they're threatening all-out war. That they were married to each other in real life — for the first time — only added to the intrigue. Nominated for 13 Academy Awards, it won five, including best actress for Taylor's scathing performance.

5
Closer (2004)

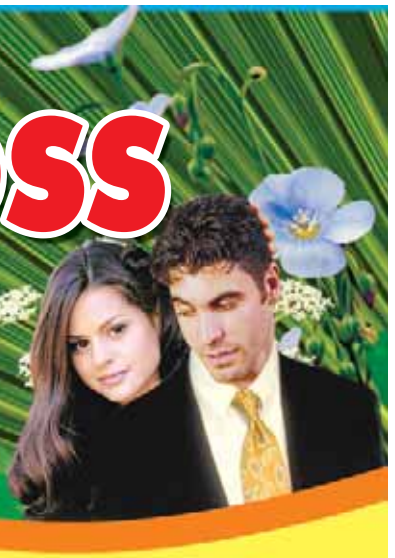
Another from Nichols, this time adapting a London stage production by playwright-screenwriter Patrick Marber. But it's reminiscent of Virginia Woolf for its intense performances and raw emotions.

Jude Law, Natalie Portman, Clive Owen and, yes, Julia Roberts fall giddily in love with each other, but don't be fooled: This is

the furthest thing possible from a date movie.

These inordinately beautiful people do extraordinarily ugly things to one another — Portman, playing a stripper in her first truly grown-up role, commits some of her offences in little more than a G-string — and the way they destroy each other and themselves is both brutal and breathtaking to watch.

STOP HAIR LOSS



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IT'S SEXY CANADA!

CANADIANS AREN'T DULLARDS WHEN IT COMES TO SEXUALITY

So says Dr. David McKenzie, a Vancouver-based couples counsellor and sex therapist – and that's especially true if you live in British Columbia. The province is considered to be more sexually open compared to Ontario, for example, where the industrious and somewhat uptight profile of the province is likely reflected in the boudoir as well!

"Sex never stands alone. It's always connected to other issues, both within ourselves and within relationships," says Dr. McKenzie. "So if you're going to have a more liberal and open person politically and otherwise, you're going to find that person on the whole to be more open too."

McKenzie says B.C. tends to be the adventuresome 'frontier land' of Canada. "Vancouver attracts a lot of people who want a more laid-back, recreational lifestyle."

Other regional personalities in Canada that he has noted: the Maritimes tends to be community-oriented with friendly down-to-earth people; Quebec is the passionate province; the Prairies are a friendly place; and Alberta is a very conservative province... with a more conservative attitude sexually.

In general, Canadians of all ages embrace sexuality. McKenzie cites a recent study by Eli Lily that shows couples in their 50s and 60s want more robust sex lives – they're looking for more adventure.

At the same time, Alexander McKay, research coordinator for the Sex Information and Education Council of Canada, says Canadian youth in particular have become more educated about sexuality. Younger people are increasingly savvy about their sexual health compared to past generations. They're more likely to use condoms and less likely to get pregnant then their parents were.

"All of it is part of the gradual liberalization of Canadian society around the issue of sexuality." McKay says youth in general are feeling more comfortable talking with friends and health professionals about sexuality and sexual health. Sex education has improved in some schools, and the internet has provided a way for every person to access information that is specifically suited to their own needs.

BEHIND CLOSED DOORS

McKay cautions that many Canadians are blissfully unaware about sexual health. He says people in their 20s, 30s and people who are newly single, are ignorant about things like sexually transmitted infection, and put themselves at risk.

Consistent condom use helps to reduce the risk of infections such as HIV, Chlamydia, genital herpes and HPV. Unfortunately, condom use declines with age.

"Some people stop using condoms when they are in a relationship. But most of us have more than one relationship over the years. If you stop using condoms in each relationship that equals unprotected sex with a number of different partners and increases the risk for getting a sexually transmitted infection."

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But maybe all this seems moot? Maybe you're the type to plan ahead—someone who knows your own body and when you're most likely to get pregnant? Don't be so sure. People talk about a 'safe time of the month,' but it's hard to measure that precisely. Many women don't have regular periods anyway, particularly when they're stressed. Remember, too, that sperm can live up to seven days, so even if you hadn't ovulated when you had sex, the sperm could still fertilize the egg afterwards. You don't want uncertainty at a time like this.

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plan B®, the "morning after pill", shouldn't replace your regular contraceptive method, but you can use it more than once, if you need to. Think of it as your emergency response. Accidents happen, even when you're careful, and that's why you have a plan B®.

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plan B® only works to prevent pregnancies occurring within the previous 72 hours. There is no evidence that plan B® has any effect on a woman's future ability to become pregnant.

"IT'S UNSAFE TO TAKE PLAN B® MORE THAN ONCE." – FALSE

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"I NEED TO SEE MY DOCTOR TO GET PLAN B®." – FALSE

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HOW DOES IT WORK? plan B® was the first emergency contraceptive approved for sale in Canada back in the year 2000 and it is taken by hundreds of thousands of Canadian women every year. It's simple to use: just two tablets, taken together, each containing 0.75 mg of levonorgestrel—the same ingredient commonly found in many birth control pills. If taken within 72 hours, plan B® helps prevent pregnancy (by doing one of three things: temporarily stops the release of an egg from the ovary, prevents fertilization, and prevents a fertilized egg from attaching to the uterus).

It may also be comforting to know that plan B® has no effect on an existing pregnancy; clinical studies show that plan B® will have no effect if you are already pregnant.

It's very unlikely that you will have any severe reaction to plan B®. Some people might experience nausea or vomiting after having taken plan B®, and these side effects usually pass within 24 hours. Speak to your pharmacist to find out if it's right for you.

GET IT AT THE PHARMACY. USE IT. IT'S EASY.

If you need plan B®, it isn't hard to find. No need to go see a doctor, just head to your local pharmacy. The "morning after pill" is available across Canada, and in most provinces, it can be purchased over the counter. Look for it under Birth Control, Contraceptives, Feminine Hygiene, or Family Planning. If you live in Saskatchewan, plan B® is kept behind the counter. And if you're purchasing it in Quebec, you'll need a prescription from your pharmacist. Pretty simple.

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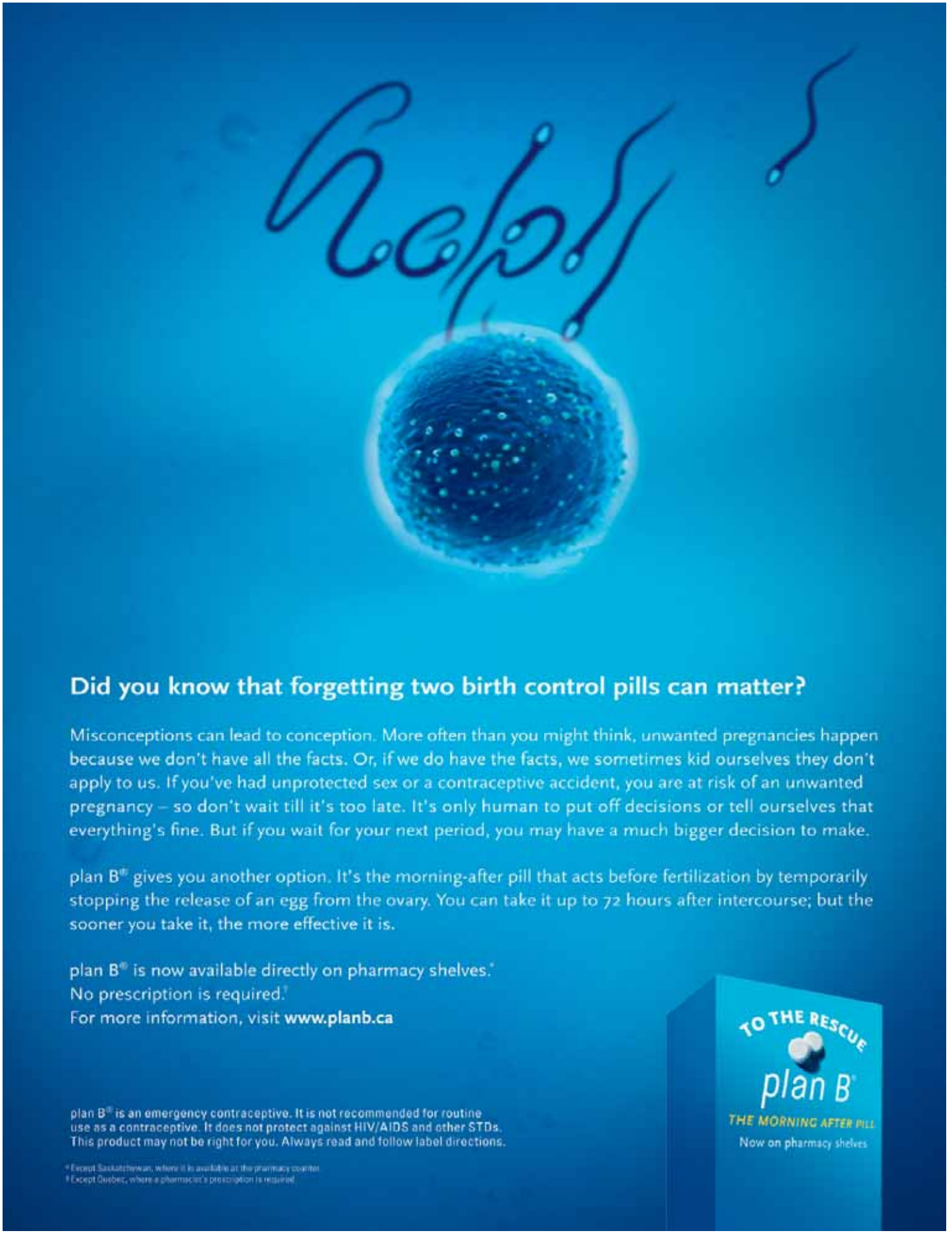
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ASK THE EXPERT

TAKE STOCK OF YOUR RELATIONSHIP

Whether you're with a long-time partner or have a brand new lover, this is a great time of year to take stock of your relationship. We posed a few common questions of the heart to an expert in the field – Dr. Laurie Betito, a Montreal psychologist with a specialty in sex therapy.

WHY ARE SO MANY PEOPLE INVOLVED IN ON-AGAIN, OFF-AGAIN RELATIONSHIPS?

The main reason is that couples don't address the problems in their relationship, so it becomes a vicious cycle. "Couples break up for a reason, then get back together; there's a honeymoon phase, then the same issues come up, and then they break up again," says Betito. They may fear being alone or simply miss the great sex. "They may be nostalgic for the good stuff," says Betito. "They forget the negatives and what led to the breakup and only remember the good times."

Older people tend to have fewer on-again, off-again relationships. "Our expectations of a relationship are completely difference when we're 50 than when we're 20," says Betito. "We're much more realistic when we're older; we know what we want and we're better able to communicate that."

HOW LONG SHOULD YOU WAIT BETWEEN RELATIONSHIPS – AND WHY?

Everyone grieves differently and at a different pace, but if you tend to hop into a relationship immediately after ending one, or start dating someone new even before breaking up with someone else, you should examine this rebound tendency.

"Ask yourself: Why do I always need to be with someone? Why can I not be happy alone?" says Betito, "This kind of pattern doesn't give you a chance to figure out what went wrong, and to learn from it."

It may be different in the case of a divorce, especially if it's being dragged through the courts. "It would be nice if you waited until the divorce was final to start a new relationship – in this case, I think a year is reasonable – but sometimes the timing is out of your hands," says Betito.

HOW MUCH SHOULD YOU TELL A NEW LOVER ABOUT PAST RELATIONSHIPS?

That depends on a number of factors. For example, a woman would want to know that a prospective partner has cheated on every person he's ever been with, says Betito. "She may also want to know that he's bisexual or has an STI - not chlamydia, which is curable, when he was 18 years old, but if he has herpes or HIV." That said, information about past relationships is not something a woman – or a guy for that matter - wants to lay out during the first meeting, she says. "You wait and see if there's a potential relationship here, if this new person is someone you want to open yourself up to."

These days, it's not unusual for even relatively young people to have had several significant past relationships, even several marriages. "There's the whole notion of the starter marriage followed by the marriage that produces children and then a third marriage later in life, possibly after a divorce or widowhood," says Betito.

KISMET FROM THE GET GO

"Right from when I saw her walk by the dance club on a ship in the Caribbean," Tyler says he knew he would propose to Heather sometime. "I didn't see her for another three or four days — luckily we were on a 10-day cruise." She was living in Miami and dating someone else back then and, as Tyler says, "I was just some random guy in a bar." But, he adds, "I'm persistent and I have a pretty charming personality so…" About seven months later, Heather moved to Ontario and in with Tyler. "If things are meant to be, they're meant to be," he says.

THE FIRST LOOK

Tall and thin, a madras shirt and chinos, a "shock of blonde hair" and an even more shocking red beard — more than 40 years later, Barb still remembers her first glimpse of Greg in glorious detail. "I was fourteen. Jane, my best friend from Grade 8, and I were sitting beside a fountain in Cornwall when he walked by, and I said "He'd be cute if he didn't have that beard." At eighteen, Greg had all the tough-guy allure of the older man. When Barb saw him next, he had lost the beard and gained a BSA motorcycle, making him completely irresistible and inevitable for her.

THE FIRST KISS

"It was Labour Day weekend and a bunch of friends from high school had met for drinks in the lakeside bar of the old Red Pines Hotel, before heading back to university," says Christine. She had been smitten with one of the guys — Christopher — for years, but they had never dated. "Somehow the two of us ended up walking along the shore of Kenogami Lake. There was a full harvest moon — it was all very romantic." Before long they were holding hands, then they stopped and shared a kiss. "That was it," she says, "then we were together."

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DIGITAL DATING

If it hadn't been for an online dating site, the two worlds of Edward, 44, and Suzanne, 38, would never have collided.

Today, five years later, the Scarborough electrician and the Mississauga schoolteacher are married with two small children. Life together is good, although Suzanne is a little embarrassed to admit meeting online.

She needn't be – millions of people exchange messages on dating sites every day and countless long-term relationships and marriages occur as a result. In fact, a 2005 UK survey found that relationships that begin on dating sites, and continue offline last as long as those started in more traditional ways.

"The perception of online dating has changed dramatically since the early days, and the stigma is disappearing," says Kim Hughes, singles and dating expert for Lavalife.

Partly it's the success stories, like Suzanne and Edward. But technology deserves some of the credit. With internal email and voice systems, identities are protected "until you decide to give it," Hughes says.

With the explosion in internet use, and 24/7 access to sites, doors have opened to communities one wouldn't otherwise meet due to geographical or occupational differences.

Success depends on how well you craft a profile, and what your expectations are, says Hughes. Her advice is to "know your core values, but be fluid on everything else."

Occasionally, people meet someone special very fast, but usually it takes a while, with six months being a "good baseline," Hughes says.

The choice is wide – general online dating through Lavalife, Match.com, FriendFinder, and more detailed services through sites like eHarmony, and Chemistry.com.

Niche dating sites help connect individuals with common outlooks -- Christiancafe.com, Jewishcafe, Buddhistpassions, Senior Match, Green Friends. And other sites – like Facebook and MeetUp – connect individuals with like-minded groups, which can then go on to organize facetime meetings.

Though some sites are free, most charge from $20 to $60 a month. Generally, the cost reflects the security and service with some conducting background checks, or matching people through detailed questionnaires.

TIPS TO SUCCESS

Start with a fantastic, specific profile. "Looking for a fun loving man in his 40s who knows the city's best jazz bars" not only sounds more interesting, but helps filter the responses too.

BE HONEST If you're not and you meet down the road, they'll know you're not as presented.

ADD PICTURES Hughes says online profiles with photos get eight times the response of those without.

THINK SAFETY Never give out personal information such as home phone number; meet in public the first time and let someone else know where you're going. About a quarter of the people on dating sites are married, so go with your gut instincts.

Great Sex Happiness for couples is a satisfying sex life.

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**Health Service Centre** 2650 Danforth Ave.; **Health Service Centre** 489 Parliament St.; **Health Service Centre** 971 Bloor St. W.; **Herbie's Herb** 555 Queen St. W.; **Herbs & Nutrition** 572 Bloor St. W.; **Hooper's Pharmacy** 2136 Queen St. E.; **Jane Pharmacy** 1750 Jane St.; **Leone Pharmacy Ltd.** 1615 Dufferin St.; **Let It Heal** 1174 Eglinton Ave. W.; **Life Essential Health Foods** 1923 Eglinton Ave. W.@ Dufferin St.; **Main Drug Mart** 1130 Bloor St. W.(Corner of Dufferin); **Nature's Health Food** 3003 Danforth Ave.; **Nature's Health Food** Gerrard Square, 1000 Gerrard St. E.; **Nutrition House** Eaton Centre, 1 Dundas St. W.; **Nutrition House** Brookfield Place, 161 Bay St.; **Nutrition House** East York Town Centre, 45 Overlea Blvd.; **Nutrition House** Hudson Bay Centre, 2 Bloor St. E.; **Nutrition House** TD Centre, 66 Wellington St. W.; **Nutrition House** The Eaton Centre, 216 Yonge St.; **Nutrition Cottage Inc.** Galleria Shopping Centre, 1245 Dupont St.; **Nutrition Village** RioCan Yonge Eglinton Centre, 2300 Yonge St., Unit G39; 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**Golden Harvest** 240 Sheppard Ave. W., 2nd floor; **Healthy Planet** Sheppard Plaza, 588 Sheppard Ave. W.; **Main Drug Mart** Bayview Mall Plaza, 3265 Bayview Ave.; **Nature's Alternate** 1685 Finch Ave. W.(Jane & Finch Mall); **Nature's Counter** North York City Centre, 5150 Yonge St.; **Nutrition House** Centerpoint Mall, 6464 Yonge St.; **Nutrition House** Fairview Mall, 1800 Sheppard Ave. E.; **Nutrition House** Sheppard Centre, 4841 Yonge St.; **Nutrition House** Yorkdale Mall, 1 Yorkdale Rd.; **Pharmasave Wynford Heights & Health Centre** 24 Wynford Heights Cres.; **S & H Health Foods** Sheridan Mall, 1700 Wilson Ave.; **Wellcare Pharmacy** 3372 Keele St. ■ **ETOBICOKE:** **All Natural Health** 1255 The Queensway Mall; **Better Living** 1500 Royal York Rd.; **Eringate Drugs** 120 Eringate Dr.; **Food Depot International** 14 Jutland Rd.; **Health Garden** 2895 Bloor St. W.; **Health Service Centre** 2603 Islington Ave.; **Living Healthy Inc** 2291 Kipling Ave.; **Mimico Pharmacy** 2408 Lakeshore Blvd. W.; **Natural Solutions** Sherway Gardens, 25 The West Mall; **Nature's Counter** Cloverdale Mall, 250 The East Mall; **Nature's Health Foods** Albion Mall, 1530 Albion Rd.; **Nature's Source** 40 Ronson Dr. Unit 2; **Pharmasave** Burnhamthorpe Mall, 666 Burnhamthorpe Rd.; **S & H Health Foods** 1166 The Queensway; **S & H Health Foods** Woodbine Centre, 500 Rexdale Blvd.; **Supremo Health Food** Richview Square, 250 Wincott Dr.; **Whole Health** Clarica Centre, 3300 Bloor St. W.; **Wonder of Nature** 2920 Bloor St. W. ■ **SCARBOROUGH:** **8 K Natural Foods** 114 Eglinton Square; **Bulk Food Centre** Agincourt Mall, 3850 Sheppard Ave. E.; **Green Roots** Agincourt Mall, 3850 Sheppard Ave E., Unit 270; **Health Pharmacy** 205 Markham Rd.; **Healthy Planet** Parkway Mall, 85 Ellesmere Rd.; **Herb House** 3232 Eglinton Ave. E.; **Highland Creek Pharmacy** 364 Old Kingston Rd.; **Morningside Health** Lawrence Plaza, 4218 Lawrence Ave. E.; **Natural Durum Health Foods** 3830 Lawrence Ave. E.; **Natural Food Depot** 2075 Lawrence Ave. E.; **Nature's Choice** 1676 Kennedy Rd.(Kennedy & Ellesmere Plaza); **Nutrition House** Scarborough Town Centre, 300 Borough Dr.; **Organic Planet Health Inc** 2030 Ellesmere Rd.; **Orton Park Pharmacy** 136 Orton Park Rd. #1; **Pharma-Grace Drugs** 3850 Finch Ave. E. #900; **Pharmasave** 2050 Lawrence Ave. E.; **Pharmasave** 482 Birchmount Rd.(corner of Birchmount & Danforth Rd); **Pharmasave Malvern Drug Mart** Malvern Mall, 150 Morningside Ave.; **Rylander Pharmasave** 6758 Kingston Rd.; **Sears Health & Fitness** Scarborough Town Centre, 300 Borough Dr.; **Vitamin Plus** Malvern Town Centre, 31 Tapscott Rd.

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HANDOUT
▶ Javier Bardem stars in Biutiful

A Biutiful experience

Javier Bardem speaks about working with Alejandro González Iñárritu

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Oscar-winner Javier Bardem spent five months in the Barcelona slums filming Biutiful, in which he stars as Uxbal, a single father and undocumented worker-wrangler who can also commune with the recently deceased. It didn't exactly make for a light workload, but for Bardem it was worth it just to team up with writer and director Alejandro González Iñárritu (Amores Perros, 21 Grams, Babel).

What attracted you to the project?
Many things. The director, Alejandro — I'm a huge fan of his previous works, and I knew he was going to be an amazing actors' director based on the performances that I saw in his movies.

But more important than that, because I'm not the kind of actor that gets crazy with names, was the material. The script, beautifully written by him, and the character, which is very complex. There were so many layers to convey that I knew it was going to be a hard task, but a rewarding one.

How was working with Iñárritu?
He is one of the greatest directors of all time. That's what I meant by an actors' director. You can tear apart your heart, but if the camera is not in the right place, it doesn't matter. He knows where to put the camera. He knows how to hold a silence, he knows how to put the music in the right place. He knows where to cut. And that helps you have the best of your performance out there.

Did the role make you see life and death any differently?
No, not really. The good thing about being an actor, the gift of being an actor is that you are forced — beautifully forced, we choose to be forced — to see the world with different eyes. You cannot get attached to what that character feels about an issue.

You have to put yourself away and be him. It's not you. So it never changes my idea of death. But this being said, we all understand things intellectually. We see the news, we read the papers, we see people on the street and we understand the world. The actor has the obligation to experience it. It's not that I know how it feels, but I know that experience in a very emotional way, which is different from knowing intellectually.

Given how much of Biutiful focuses on people living in the shadows of Barcelona life? Has the experience of making this movie changed the way you look at cities?
I try to be up when I go to places to see different sides. In L.A. it's difficult because every time I come here it's like an office. I come here to work and I go back home. So I see the L.A. that we all know. But sometimes I get to get to Downtown and see the other L.A. that is not in the papers — well, maybe in the papers here, but not in the papers around the world. With Barcelona it was the same. Spain is my country, and I smell things in a different way because I know the language, I know the culture, I know the place.

And I knew about all those things, but it wasn't until I got the chance to be in those situations with those people, in those real places, that the experience of being conscious of something transcended an intellectual aspect of it. It goes to an emotional level. It's like, we all understand how bad it could be. Well, until the moment you are there, when you feel it, you go, like, 'F—, this is bad.' Or good. Like how good it could be to be a millionaire. Then you win the lottery and you're a millionaire, and then you're f—ed.

> **"I knew he was going to be an amazing actors' director"**
> JAVIER BARDEM

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There will be no revenge, but Helms is a nerd

Funny man Ed Helms on his first role as a leading man Why he likes to play nerds (hint: he is one)

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

HANDOUT

There is no denying it — Ed Helms is a nerd.

Ed Helms would have you believe that he's nothing like the sweetly innocent nerds he's played in The Hangover, The Office and most recently in Miguel Arteta's Cedar Rapids. But as he gets settled into a hotel room on New York's Fifth Avenue, jumping up to open all the shades to let sunlight in, it's obvious that he's every bit the loveable geek that he plays on the big and small screens.

"I had a heart condition as a teenager and my doctor was like, 'If you ever do cocaine, you could die,' so that instantly sealed my fate as a nerd," says Helms.

He's referencing a scene in Cedar Rapids where as button-up insurance agent Tim Lippe, he finds himself at a backwoods meth party. Tim's an earnest, sheltered man whose trip to an insurance convention in the titular location is nothing short of an emotional and intellectual awakening. It's that unworldly naivety that draws Helms to these sorts of characters.

"I am a genuinely naïve person," Helms says sarcastically. "No, I don't think I mean as much as Tim Lippe, although I wish I did more often. But I envy that idealism and optimism. Tim has such faith in people and most of us who have been around for a while have lost a bit of that."

But is the real Ed Helms anything like, say, his character Andy "Nard-dog" Bernard from The Office? The two share a love of a capella, after all.

"Oh you're trying to get at me, like who am I compared to these guys?" he asks.

"Well I think like a lot of people, I try to do the right thing most of the time but I mess up a hell of a lot and maybe sometimes I don't try hard enough."

Ed Helms

One person who is trying hard is the Nard-dog, whom Helms says would be eager to take over Michael Scott's role at Dunder-Mifflin once Steve Carrell leaves The Office at the end of this season.

Quote "I know Andy is desperate to replace Michael Scott but what I want is for Andy to be in the most frustrating predicament possible because that's usually where he's the funniest," he says. "I know that Andy wants the job, but so do a lot of people in that office. I'm not really worried about how things are going to shake out because I think it will be fun for everybody."

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Miller and Law off-again, again

Source says stars ending their seven year relationship Is it for good?

GETTY IMAGES FILE

Jude Law and Sienna Miller have split after seven years of on-again, off-again status, according to Hollyscoop.

"It is mutual and amicable, and they are still friends," a source says. "It was an entirely an end-of-the relationship decision. It had run its course."

And while the pair had recently been apartment shopping and courting wedding rumors, even Law's rep acknowledges that the union is done.

"I can confirm that Jude Law and Sienna Miller are no longer in a relationship."

METRO

"It was an entirely an end-of-the relationship decision. It had run its course"
SOURCE

Aniston insists she is very happy

Jennifer Aniston says she's well aware of what people's biggest misconception of her is — that she is somehow unhappy.

"That I'm unhappy. I'm really happy. Really," she tells People magazine.

The former Friends star is getting a little tired of the public's expectations for her personal life.

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," she says.

"And I just want to say, 'Everybody, relax! It's going to happen.'" METRO

"I think people honestly just want to see me as a mom." JENNIFER ANISTON

Celebrity tweets

Howard Stern [@Howard-Stern] I'm liking twitter. Just filed the papers to divorce my face book.

Sandra Bernhard [@Sandra-Bernhard] up in london press day, might swing by manolo blahnik and say hi to kids. nab a pair of heels duckey!

Stephen Fry [@stephenfry] Amazing how many of you failed to see the letter "i" in the word recital.... tsk tsk

Tom Arnold [@Tom-Arnold] Enough piling on...I think it's time we leave @lindsaylohan alone!

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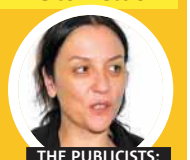
3 life

New York Fashion Week kicks off today, igniting a calendar of garment-geared events throughout the world ◆ Get to know some of the dames you'll be dealing with as the month-long fashion onslaught begins

A guide to fashion's five ferocious tribes

KENYA HUNT
METRO WORLD NEWS

The connection



THE PUBLICISTS: (Kelly Cutrone)

Having dinner at Da Giacomo in Milan, aka the fashion cafeteria

THE EDITORS: (Robin Givhan)

Front row at the Marc Jacobs show in New York

A showroom appointment to "re-see" that Celine collection in Paris

THE BUYERS: (Yasmin Sewell)

Jewellery made to inspire her beyond Valentine's Day.

CONTRIBUTED

▶ Tavi

THE BLOGGERATI

Most popular members: Bryanboy, Tavi, Garance Doré, Jak & Jil's Tommy Ton, Hanneli Mustaparta
Key traits: A fun-loving crew, the bloggers are like one big group of friends rather than competitors. They're the ones who are actually smiling and having fun at the shows, partly because they're just happy to be there.
Where to spot them: On the street waiting for a show to end or in the front row.
Tribes-within-a-tribe: The street-style bloggers, who take pictures of others, versus the personal-style bloggers, who take pictures of themselves.

MAURIZIO MAULE

▶ Anna Wintour

THE EDITRIXES

Most popular members: Anna Wintour, Franca Sozzani, Suzy Menkes, Cathy Horyn, Robin Givhan, Anna dello Russo
Key traits: The designers set the trends, but these powerful women influence whether or not everyday shoppers will buy them.
Where to spot them: Sitting expressionless at the centre of the front row, usually being interviewed, videotaped and photographed by a throng of reporters and cameramen.
Tribes-within-a-tribe: The magazine editors wield a different kind of power from the newspaper writers, and there isn't a whole lot of mixing between the two. The monthlies tend to influence the fashion industry as a whole, while the dailies impact public opinion.

GETTY IMAGES

▶ Lindsey Wixson

THE RUNWAY STARS

Most popular members: Freja Beha Erichsen, Karlie Kloss, Joan Smalls, Rose Cordero and Lindsey Wixson
Key traits: They're the impossibly tall, leggy peripatetic creatures travelling in twos and threes between shows with their runway hair and makeup still on.
Where to spot them: Running out of the backstage entrance at any show venue into a waiting taxi or chauffeured car.
Tribes-within-a-tribe: There are the girls of the moment (the models who walk in every show and star in the big ad campaigns like Freja, Karlie and Joan) and then there are the new arrivals, the young, new-on-the-scene girls who are hoping to get there.

GETTY IMAGES

▶ Natalie Massanet

THE RETAIL QUEENS

Most popular members: Net-A-Porter Natalie Massenet, Lane Crawford's Sarah Rutson, Liberty of London's Yasmin Sewell and Harrods' Marigay McKee
Key traits: They usually have the nicest chauffeured cars and most of-the-moment accessories.
Where to spot them: Heading into a show with a trail of street style photographers hot on their embellished, colour blocked designer heels.
Tribes-within-a-tribe: The fashion directors of brick-and-mortar shops have always commanded the most attention. But these days, the women and men behind the e-commerce sites, such as Net-A-Porter and ASOS, are becoming more high-profile.

GETTY IMAGES

▶ Karla Otto

THE PUBLICISTS

Most popular members: Karla Otto, BPCM's Vanessa Bismarck and People's Revolution's Kelly Cutrone
Key traits: A clipboard in hand, an earphone cord around the neck and an extremely low tolerance for bollocks.
Where to spot them: Cutting that gate crasher down to size.
Tribes-within-a-tribe: Fashion publicists the world over are a tough breed, but the New York tribe is especially scary.

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NYFW newbies

Introducing New York Fashion Week's newest talents

CONTRIBUTED

THE LAKE AND STARS

What to expect: Lingerie and swimwear duo Nikki Dekker and Maayan Zilberman have been a cult favourite for a while now thanks to their undergarments that are so contemporary and cool that they demand to be shown off. But with an Ecco Domani award in the bag, they'll surely be broadening their fanbase.
thelakeandstars.com

CONTRIBUTED

KINDER AGGUGINI

What to expect: Already a fashion darling in London, Aggugini is finally crossing the waters over to New York. He worked for Vivienne Westwood and John Galliano and describes his own line as "Coco Chanel marries Sid Vicious." That means you can expect nothing other than heaps of attitude and hopefully a little bit of provocation.
aggugini.com

CONTRIBUTED

JOY CIOCI

What to expect: Cioci's impeccable resumé leaves a very narrow margin for mistakes – not that we're expecting any. Clean, feminine, modern and fresh, her style reflects her time spent at luxury brands Nina Ricci, Gucci and Carolina Herrera.
joycioci.com

ROMINA MCGUINNESS

3 NAMES TO KNOW THIS SEASON

PARIS: NICOLA FORMICHETTI

It looks like Lady Gaga will be wearing a lot of Thierry Mugler next year. She's rumoured to be collaborating with her long-time stylist, Formichetti, on his first women's collection for the Parisan house as its new creative director.

LONDON: HOLLY FULTON

She's having a moment now that she's won London Fashion Week's NEWGEN Award. Fulton has a knack for couture-like craftsmanship, and her trademark bright colours and bold patterns are right in line with the trends.

PARIS: EMMANUELLE ALT

All cameras will be zoomed in on her this show month, which will be her first as top editor of Vogue Paris. She replaces her old boss, superhumanly stylish Carine Roitfeld. Talk about a lot of pressure on deciding what to wear.

KENYA HUNT

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• FusionBeauty PrimeResults Acne Control Primer is tinted to veil redness and helps keep skin clear with salicylic acid. $45; fusionbeauty.com

True Blood

There's a new injectable cosmetic filler in town, derived from the patient's blood. Selphyl uses blood platelets to plump up deep wrinkles and crevices, and promote healing. All it takes is less than a teaspoon of blood and 20 minutes in a doc's office. Full results are visible in three weeks and can last more than a year. selphyl.ca

Grow Op

Prescription lash booster Latisse is now available in Canada. It delivers longer and fatter lashes in 16 weeks of daily use by prolonging the growth phase. Claire Danes is both a fan and spokesperson. See your dermatologist for more info. $150; latisse.com

THE KIT is an amazing new digital beauty magazine offering great tips to help you look and feel your best. Subscribe for FREE at thekit.ca.

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In five words or less...

New York designers list their inspiration for their Autumn/ Winter 2011 collections

Catherine Malandrino
"What is Parisian?"

Jenny Packham
"Whimsical party decadence."

Yigal Azrouel
"The confluence of menswear and womenswear."

Maz Azaria
"Timeless tailoring and rich textures."

KENYA HUNT

With Valentine's Day just days away, we asked those lucky enough to claim they've found their perfect match how they managed to do so — and what steps to take to find your own

Find your soulmate

Be open to change

For Barack Levin, 40, author of The Diaper Chronicles from Atlanta, the realization that his wife of 14 years, Michelle, was his soulmate didn't come until a life-threatening illness challenged their relationship.

The couple met as international students (he's from Israel; she's from France) studying in the same MBA program in Pittsburgh. "Despite all of our parents' warnings and the barriers of language, religion and background, we seemed to have a uniquely deep connection," Levin recalls.

Just a year into dating, Levin learned during a routine physical that he had a terminal kidney disease and, at the age of 26, was told he had five years to live. "I had no idea if she would want to spend the next five years with a condemned man," he says.

"Until this day, I have no idea why she didn't leave me — I was arrogant, a show-off, a macho man. I've discovered you cannot remain the same person if you want to keep the relationship going. My wife changed me a lot: She softened me and showed me personality traits I never knew existedl."

METRO

ISTOCK

▶ Bottom line: Don't force it.

Look into your past

"Late in life romantic reconnections are all the rage these days, made easier by Facebook and email," says Isadora Alman, 70, a psychotherapist and writer from Alameda, Calif.

She speaks from personal experience: The week her marriage to a Jewish prince ended in 1975, she visited the public library to comb through major city directories in search of her college love, Morton Chalfy, now a 72-year-old publisher.

"Mort, and my relationship with him, had always been my touchstone for the best of what feeling loved was like," explains Alman. Despite a reunion in Florida and the fact that Chalfy had also divorced, "we were still too far apart — geographically and in lifestyle choices — to find a way to be together."

Flash forward to late 2009, when Chalfy emailed Alman to promote a website for his books. "A correspondence ensued, and in less than three months, we were living together and have been for the past year," she says.

METRO

If it feels wrong, run

"When I was a senior in high school, I met Brandi and fell head-over-heels in love," recounts Jason Coleman, 43, a district supervisor for a sporting goods chain living in Federal Way, Washington.

"After I graduated, we got engaged and I shipped off to boot camp for 16 weeks. Several months after I returned, we were trying to make our relationship work but there was a disconnect that we couldn't figure out. To this day, I cannot explain why I broke off the engagement with Brandi — we didn't disagree or fight. We didn't have any major problem — but I just knew in my gut that this was not the girl for me."

Less than a year later, Coleman met his wife of 21 years, Debby, at an all-city dance. "It's nearly impossible to explain, but when you find your soulmate, you will discover the truth," says Coleman. "There will be no sky-writing or Chinese fortune cookie pointing the way, but you will know it in your heart."

METRO

Get your own life first

"No one wants to be with someone who doesn't have passion — something that makes them tick," says Jessica Barrutia, 23, a publicist from Chicago, who met her boyfriend of five years, Ryan Bumgarner, at a friend's party after her high school graduation.

"I was really focused on my goals and aspirations when I met Ryan. I didn't care if he talked to me, I didn't even care if he looked at me; I was sure of myself and knew I would be more than fine if he wasn't interested. I think having your own interests exudes confidence, which is attractive."

But before you run out and pick up a pair of knitting needles, realize that developing yourself runs much deeper than finding a hobby. "The work starts inside," notes Erin Hessel, 30, a licensed acupuncturist who believes that self-acceptance allowed her to find her fiancée, 30-year-old artist Jason Borbet, at a Manhattan bar four years ago.

"Taking this time [for introspection] gets our intention really clear so we can actually feel this connection when it comes into our lives."

METRO

Stop searching for 'The One'

"I wasn't looking for a soul mate when I met my husband, Cameron," says Denise Lee, a 30-year-old marketing director from Levittown, N.Y. "We sort of found each other by accident. We were best friends and we'd talk with each other about the person we wanted to be with — then we finally realized that the person we were describing was each other."

Lee isn't the only one who believes things should unfold organically. "From the moment we met, we couldn't stop talking to each other," recalls Rosie Pope, 31, founder of Rosie Pope Maternity, a clothing line in New York, of when she first met her husband, Daron, in an elevator on the way to a rooftop bar.

"There was this shared subconscious need to keep spending time with one another. When you meet the right one, things just fit and are effortless. Being with them, making sacrifices for them — all of it is easy."

Bottom line: don't force it. "He's going to be that guy you are drawn to, who is also drawn to you," says Lee.

METRO

3 GIFTS FOR TWO

La dolce vita

Romantic couples get down for some fireside picnicking on this Grossby sheepskin rug (Ikea, $189). Add some cheese and a bottle of red and you're set.

Cottage in the woods

A cottage, two pairs of snowshoes and an intimate "après ski" by a roaring fire might just be Cupid's Ultimate Canuck Getaway.

Coffee time

Stay at home, curl up with a good book and create your favourite café ambience. We suggest Nescafé Dolce Gusto Circolo by Krups ($179.99).

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Here in the frozen north, Valentine's Day requires an extra measure of resourcefulness

GIFTS FOR HIM

Touch me
A Be Mine gift box from Lush ($44.95) makes your intentions plain. It contains an assortment of heavenly bath products and a massage bar that you can show him how to use. Add sexy silk boxers ($10, Wal-Mart) because men need pampering too.

Cool runners
Runners don't care that it's cold out, as long as they have a stretch of clear road to cover. Give your guy a pair of super-comfortable and supporting Nike Free Run+ shoes ($119.95, nike.com) and a subscription to Canadian Running (runningmagazine.ca).

Mad men
He's your own Don Draper, so gift him with a bottle of Canada's own whisky (Wiser's, $24.45) and all the accoutrements (ice bucket, rocks glass). If you want to dress up in a tight skirt and heels to complete the mood, so much the better.

Smooth operator
Present him with a playlist of romantic tunes on a new iPod nano ($159, Wal-Mart), and slip in a song written and performed by you! That's right. You don't have to be Lady Gaga to croon and whisper a heartfelt love pledge, sung a capella.

Modern retro
Every so often, the classics need a twist. This Timex Originals retro '70s-style timepiece ($75, The Bay) is spare and hipster cool, while Ralph Lauren, the fragrance they all wore in high school, is all grown up in Big Pony #2 — a smoldery scent that contains the allure of dark chocolate — perfect for Valentines.

Picture this
Digital is cold, analog is warm. Take a romantic stroll together through neighbourhoods where you normally only drive and record your journey on a Lomography analog camera. That's right, it uses film. (Lomogoraphy Diana mini, $105, Urban Outfitters). Voilà — not quite instant memories.

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Conjure blissful schemes to get warm and snuggly with your special someone. Here's how:

GIFTS FOR HER

Simply red
A beautiful red Kristina handbag ($268, Roots) says Valentines and adds much-needed colour to a wintry wardrobe. Oh, and if you fill it with chocolates, it becomes the perfect gift for any female.

Vampire lover
If she has the release date for Breaking Dawn circled on her calendar and worships Elena on TV's Vampire Diaries, give her a moody but glam piece, like a cropped black leather jacket ($399, Danier) or a vaguely goth sword pendant from Thomas Sabo ($89, Thomassabo.com for stores).

Sweets for your sweet
It's a classic: A Red Velvet Heart box from Canada's own Rogers Chocolates ($49.99, rogerschocolates.com for locations). If you're feeling inspired, hide a hand-written love note under all the pleated paper cups.

Valentines, Vegas-style
Can't make it to Vegas, baby? Have a swinging Valentines at home with Playboy Play it Sexy eau de cologne ($25, major drug stores) and these frou frou delicates from La Vie en Rose (heart print bra, $32.95; thong $15.95, lavieenrose.com).

Pampered princess
For the product junkie, stuff a cute heart-adorned wristlet ($7.99, Quo at Shoppers Drug Mart) with the latest pink and red beauty treats: Physician's Formula Happy Booster blush ($15.99) and Essie nail colour in Silken Cord ($9.99), both available at major drug stores nationwide.

Share the love
This beautiful artisan-crafted Maasai glass bead ring from Me To We adorns your loved one's finger and provides alternative income in a developing community (Maasai Heart Ring sold as a set with Penda Love Chain glass bead necklace for $21.99, at metowe.com).

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MTO

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Valentine's Day decor

Materials:
- yarn, wool roving or T-shirt fabric
- cardboard
- scissors
- embroidery thread and needle
- ribbon

Here's how to turn a trio of fluffy pom-poms into heart-shaped Valentine's Day decor.

1. Make two donut-shaped cardboard templates. They can be any size (I traced around an old CD to get the outer diameter of my templates and a small bottle of paint to get the inner circle). Cut a chunk out of each template.

2. Cut a piece of embroidery thread about 20 cm long and lay it over one of the templates. Place the other template on top, sandwiching the thread, with the ends of the thread hanging out the cut edges.

3. If using T-shirt fabric, cut it into 1 cm strips. If using wool roving, gently pull it apart into 1 cm strips. Starting at one end, wrap the fabric, roving or yarn around the template until you get to the other end. If the fabric or roving runs out, just add another strip, covering up the end of the previous strip.

4. Repeat until you have at least three layers of fabric wrapped around the templates.

5. Loosely tie the embroidery thread ends that are hanging from the template together. Holding the templates together with one hand, use sharp scissors to cut through the yarn, fabric or roving along the outside diameter of the template, wedging the tips of the scissors in between the two cardboard pieces.

6. Pull the embroidery thread tight and tie a knot. Remove the templates. You should have a shaggy-looking pom-pom at this point.

7. Cut two circular templates from cardboard, slightly smaller than the original templates. Sandwich the pom-pom between the two cardboard circles and use the edge of the cardboard as a guide to trim the pom-pom.

8. Make two more pom-poms and use the needle and embroidery thread to sew them together in a triangle shape with two pom-poms side by side and the third centred below that pair. Pass the needle through the centre of the pom-poms several times.

9. Continue trimming until you have a heart shape.

10. Add a loop of ribbon for hanging. THE ASSOCIATED PRESS

HOLLY RAMER/AP PHOTO

▶ Handmade pom-poms

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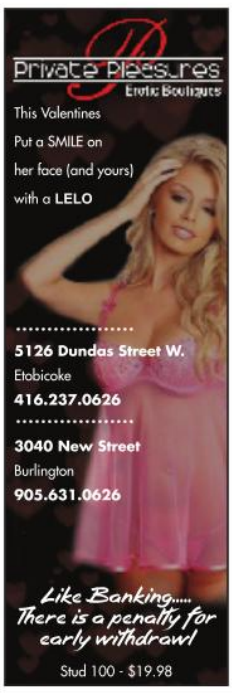

Sizzling sirloin

With some advance planning, you can have a romantic dinner at home with your Valentine and whip up a meal for the kids at the same time

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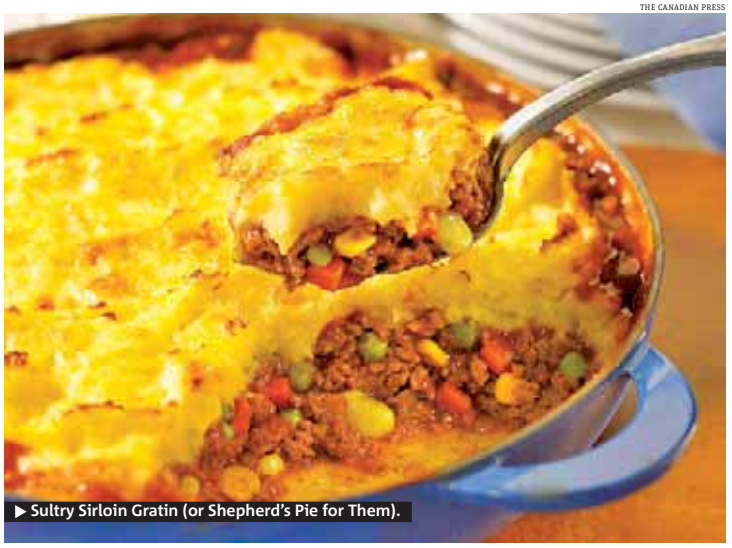

▶ Sultry Sirloin Gratin (or Shepherd's Pie for Them).

Ingredients:

- 1 onion, chopped
- 500 g (1 lb) lean ground beef sirloin
- 1 ml (1/4 tsp) dried thyme
- Pepper
- 50 ml (1/4 cup) Worcestershire sauce
- 30 ml (2 tbsp) tomato paste
- 15 ml (1 tbsp) all-purpose flour
- 500 ml (2 cups) frozen mixed vegetables
- 250 ml (1 cup) low-sodium beef stock
- 750 g (1 1/2 lb) potatoes, peeled and cubed
- 125 ml (1/2 cup) buttermilk
- 50 ml (1/4 cup) butter
- 125 ml (1/2 cup) each shredded aged and mild cheddar cheese

Buttermilk Mashed Potatoes:

Buttermilk Mashed Potatoes: In a medium saucepan, cover 750 g (1 1/2 lb) potatoes, peeled and cubed, with cold salted water. Bring to a boil over medium-high heat; reduce heat and simmer until tender, about 25 minutes. Drain and return to pot over medium heat; heat until dry, about 1 minute. Remove from heat. Stir in 125 ml (1/2 cup) buttermilk and 50 ml (1/4 cup) butter; mash until smooth

It's Sultry Sirloin Gratin for the two of you and Shepherd's Pie for the kids in this easy bistro classic. Make ahead and portion into four to five individual baking dishes. For the kids, use custard cups. Bake separately so the kids eat first and you eat later, enjoying adult-only date-night dining. Wine: Cabernet or Merlot.

Preparation:

1. In a 30-cm (12-inch) skillet over medium-high heat, cook onion, beef, thyme and pepper to taste, breaking up meat with a wooden spoon, until beef is browned and onion is softened, about 10 minutes.
2. Reduce heat to medium; stir in Worcestershire sauce, tomato paste and flour. Stir in vegetables and stock; simmer until slightly thickened, about 3 minutes.
3. Divide into portions, spooning into 2 custard cups for the kids and 2 ramekins or small gratin dish for the adults.
4. Savoury Sirloin Gratin: Gradually stir half of the aged cheddar into half the Buttermilk Mashed Potatoes; spread evenly over beef mixture. Top each with remaining aged cheddar; bake in a 180 C (350 F) oven until lightly golden, about 25 minutes. Broil until topping is rich golden-brown, about 3 minutes, if desired. Serve with mesclun mix salad greens dressed with your favourite vinaigrette or a caesar salad.
5. Shepherd's Pie for Them: Repeat the above step. Serve with their favourite veggies and dip or a caesar salad. Makes 4 to 5 servings.

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Elegant estate manors

The project overview

Regency Estates is Beaverhall Homes' exclusive community of 34 executive estate manors to be built on 60 to 70 lots, currently in the preconstruction stage in Woodbridge, just northwest of downtown Toronto.

DUNCAN MCALLISTER

Location and transit

Regency is located northwest of the intersection of Highways 400 and 407. It's a short drive to the Rutherford GO Bus, with an approximate 45 minute commute into downtown Toronto and 15 minutes to Pearson International Airport.

Building amenities

These exquisite homes will feature formal stone, stucco and brick exteriors, 10 main floor ceilings with decorative mouldings, expansive kitchens with granite countertops, hardwood flooring throughout and natural gas fireplaces.

In the neighbourhood

Part of Historic Old Woodbridge, the community is nestled amidst ample parklands that include Boyd Conservation Area, the National Golf Club and the Board of Trade Country Club. A short drive to Canada's Wonderland, shopping at Woodbridge Smartcentres and minutes from numerous schools, churches and fine dining.

Meet the project

- **WHAT** Regency Estates
- **BUILDER** Beaverhall Homes
- **LOCATION** 87 Charmaine Rd. in Woodbridge.
- **WEBSITE** beaverhall.com
- **PHONE** 905-265-2634
- **SIZES & PRICING** Houses from 3,940 sq. ft. to 5,775 sq. ft., and range in price from $1,300,900 to $1,800,900.

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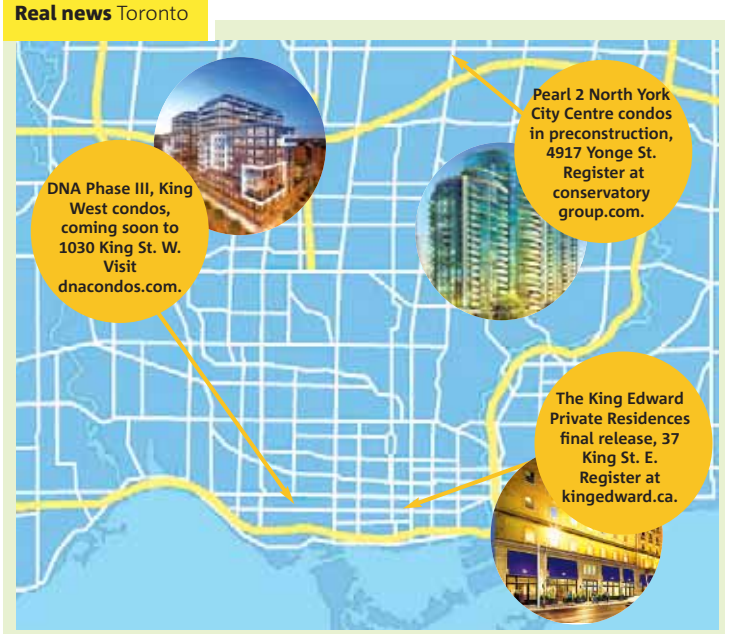
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OFF TO A GOOD START

Rooftop Surfing

STEPHEN DUPUIS
HOME@METRONEWS.CA

The numbers for January are in and if they are a sign of what's to come, this year is going to be an active one for condominium construction.

Last month, construction began on 983 condominium units, according to data just released by the Canada Mortgage and Housing Corporation. To put it in perspective, this time last year, in January 2010, construction had only started on 193 condo units.

The corporation's senior market analyst for the Greater Toronto Area, Shaun Hildebrand said it should be taken as a sign of things to come in 2011.

"Sales of new condominium units reached their second highest level on record last year, indicating that many projects will be switching from pre-sale to construction phase this year," he said.

Last year, 20,349 new condos were sold, representing 55 per cent of the total new home sales in 2010.

Another housing guru, the newly-decreed BILD Member of the Year and RealNet Canada Inc., founder George Carras also referred to "the seemingly unstoppable condo market" in a presentation about the region's high-rise stock earlier this week.

It all adds up to jobs, jobs and more jobs, and that can never be a bad thing.

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brandy Lane HOMES

Home is for the heart

Take a break from the chocolates and roses this year and instead focus on your lover's living quarters

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Finding a way to show your love to your sweetheart can be very stressful on Valentine's Day, so why not forgo the chocolates or roses and create a romantic environment for the one you love?

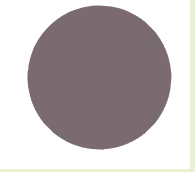
Special decor touches of colour, texture and whimsy can bring heart-thumping feelings all year long. Here are a few sexy yet personal home goods that are sure to lift your love of everything decor.

Flicker of love
The Island Nights candle is one of the most sensually scented candles, with orchids, orange, musk and jasmine.

Tip: the coral sleeve makes a fabulous bottle coaster when the candle is long gone, and the amethyst glass container would be stylish on a desk as a pencil holder. $47, crabtreeevelyn.com

Luscious Lips
Is there anything that makes more of a statement? I'd use this sexy sofa as a banquette by placing a stylish dining table near it.

A sofa with such personality is the star of the room. Other furnishings should be simpler in design and colour. A modern square-shaped chair in dark grey will make the sofa stand out even more. $1,500 includes delivery. sexyfurnishings.com



Sexy Walls
Painting the wall behind a bed or sofa can add much needed pizzazz to an all neutral, boring room. Surprise your loved one with the gift of a focal wall this Valentine's Day. The perfect colour of love is Bon Nuit AF635 from Benjamin Moore Paints. This murky purple tone looks great with almost any colour, especially the popular chocolate browns and greys. benjaminmoore.ca

A glitter in your eye
Cool chrome and red acrylic droplets create a splashy light fixture in a foyer or over a dramatic dining table.

Red means love. Hang it low (about four-to-five feet off the floor) over a corner table for a modern focal point in the living room. $299, Euphoria Chandelier. homedepot.ca

A piece of me
Just a bit of body fluid, a kiss or fingerprint and look what you can give him? Your DNA makes personalized art. Go for bold and go big!

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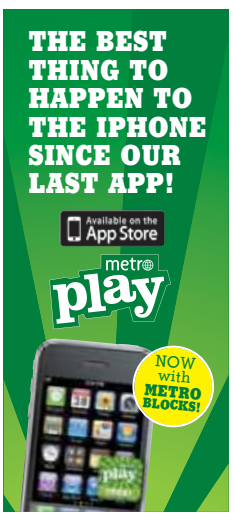

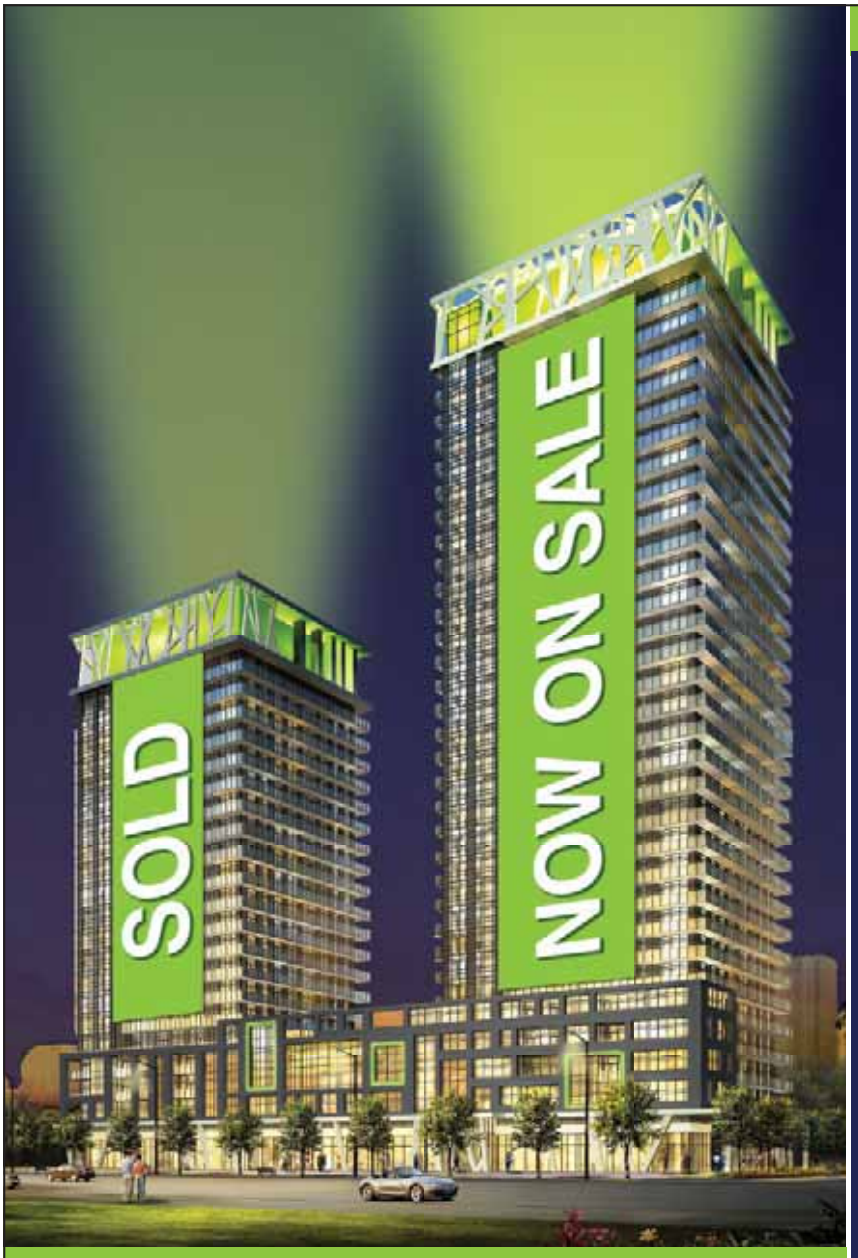

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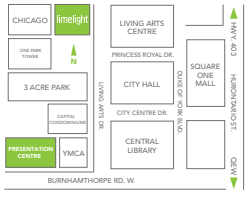

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How to turn your shower into a spa

DIY IDEAS

When planning to remodel the shower, consider installing a shower bench to add luxury and comfort to your space.

Shower benches have become one of the most popular additions to the bathroom and give any stand-up shower a spa-like feel without breaking the bank.

DIY Network Canada's BATHtastic! (airing Fridays at 9 p.m. ET/PT and 9:30pm ET/PT) offers a step-by-step guide to framing and constructing a shower bench to fit any space.

Step 1: Plan it out

Measure the space in the shower and sketch out a rough design of where the bench will go. The simplest design is a rectangle that spans the width of the space against the back shower wall.

Step 2: Make a frame

Start construction by making the top frame for the bench. This will be the piece you sit on in the shower.

While wearing safety goggles, use a miter saw to cut 2x4s to the measured length and width of the bench. Lay out the four pieces in the shape of a rectangle and secure together with a framing nail gun.

Step 3: Secure the top

Bring the newly-created top piece of the bench into the shower and position it at the desired height. Level the bench and nail each end into a wall stud against the back shower wall.

To reinforce the top piece, measure its inside length and width and construct a cross-shaped piece out of 2x4s.

Using the framing nail gun, nail the cross-shaped piece inside the constructed top piece.

Step 4: Add some legs

To make legs, measure the height between the bottom of the shower and the bottom of the mounted frame. Cut the legs from 2x4 lumber and attach to the frame with the framing nail gun.

Step 5: Cover and tile

Cover all the framing with a waterproof membrane and backerboard.

Using silicone, caulk all seams. Tile the bench using mortar and a tile pattern that complements the shower's design and round the edges with a masonry stone.

When the mortar has dried, grout the joints and clean the tile. After the grout has dried, seal the grout lines with a sealant.

WATCH DIY NETWORK CANADA, ON FREE PREVIEW, THROUGHOUT THE MONTH OF FEBRUARY.

ISTOCK

▶ Adding a bench to your shower can provide luxury and comfort.

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A dinner to brighten your plate

You can add a splash of colour to your kitchen table with these turkey burgers and bulgur salad

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This time of year may bring you down, with cold days and long nights leaving you longing for spring to get here — now.

Why not brighten your plate and your mood with vibrant flavours and colourful ingredients?

Even though you might not have the barbecue handy (because it's covered with snow!), you can still enjoy burgers.

These turkey burgers are made with a twist and can be cooked right in your skillet on the stove.

They are lean and full of fresh ginger, coriander and garlic to keep you humming a tasty tune right into spring.

As a side dish, bulgur is a great grain to enjoy hot or cold. In a salad full of crunch and colour, it's a big winner.

In most grocery stores, you can look for bulgur in the same aisle as dried beans. It can also be found in bulk food stores.

Ingredients:

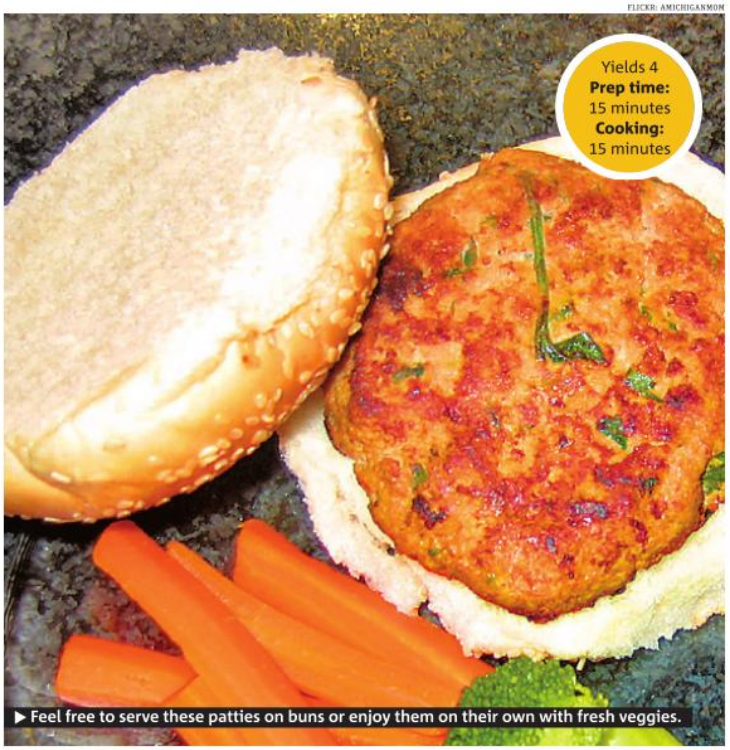
- 1 egg, lightly beaten
- 2 tbsp (25 mL) sodium reduced soy sauce
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) minced fresh ginger
- 1/3 cup (75 mL) chopped fresh coriander leaves
- 1/3 cup (75 mL) dry breadcrumbs or crushed crackers
- ¼ tsp (1 mL) pepper
- 1 lb (500 g) extra lean ground turkey or chicken

Preparation:

1. In a large bowl, whisk together the egg and soy sauce. Stir in the onions, garlic, ginger, coriander, breadcrumbs and pepper. Add the turkey and, using your hands, mix turkey into egg mixture until evenly distributed. Shape into 4 patties that are about ½ inch (1 cm) thick.
2. Place the patties in a large non-stick skillet over medium-high heat; cover and cook them for about 15 minutes, turning once or until the burgers are no longer pink inside.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

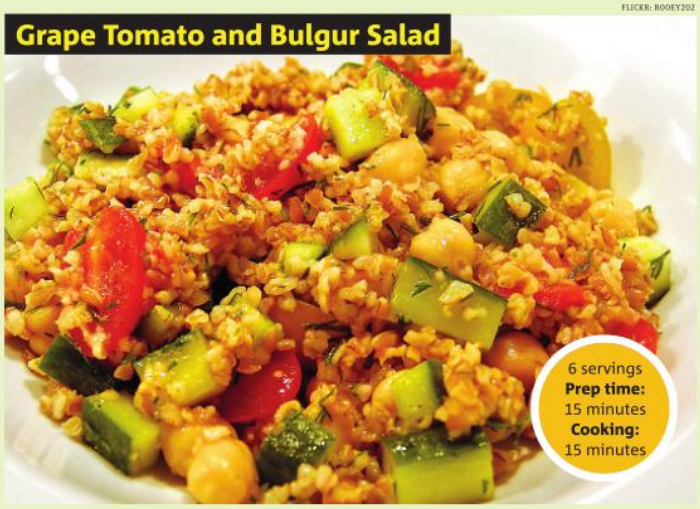
FLICKR: AMICHIGANMOM



▶ Feel free to serve these patties on buns or enjoy them on their own with fresh veggies.

FLICKR: ROOEY202

Grape Tomato and Bulgur Salad



This colourful vegetarian salad will push the winter blahs away. Bulgur is a healthy grain that will give you a new side dish option. It's easy to cook and even easier to eat.

Preparation:

1. In saucepan, bring water and 1/2 tsp (2 mL) of the salt to boil. Add bulgur, reduce heat and simmer for 2 minutes. Cover and remove from heat and let stand for 15 minutes. Fluff with fork.
2. Meanwhile, in small pot of boiling salted water, cook snow peas and carrots for about 1 minute or until tender crisp. Drain and rinse under cold water. Place in large bowl with tomatoes and cucumber. Add cooked bulgur.
3. Pesto Dressing: In bowl, whisk together oil, vinegar, pesto, garlic, mustard, salt and pepper. Pour over bulgur mixture and toss to coat. Add mint and toss to combine.

EMILY RICHARDS

Ingredients:

- 3 cups (750 mL) water
- 3/4 tsp (4 mL) salt
- 1 1/2 cups (375 mL) medium bulgur
- 1 cup (250 mL) snow peas, cut in half
- 1/2 cup (125 mL) diced carrots
- 2 cups (500 mL) grape tomatoes, halved
- 1 cup (250 mL) diced cucumber

Pesto Dressing

- 3 tbsp (50 mL) extra-virgin olive oil
- 3 tbsp (50 mL) balsamic vinegar
- 2 tbsp (25 mL) prepared pesto
- 1 clove garlic, minced
- 2 tsp (10 mL) Dijon mustard
- 1/4 tsp (1mL) pepper
- 1/2 cup (125 mL) chopped fresh mint

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4 sports

Burke shuffles the Ducks again

Wilson expects new forward Lupul to play with Bozak and MacArthur

Brian Burke is rolling the dice again.

In acquiring forward Joffrey Lupul from Anaheim yesterday, the Toronto Maple Leafs general manager hopes he's added a highly motivated player that has put a major injury behind him. Even he acknowledges that it's far from a sure thing.

"There's a human element in all of this," said Burke. "You bet on people every time you make a trade. If this were just buying cars or buying livestock it would be a lot easier. But we're betting on human beings.

"I bet on Joffrey Lupul because of his character and his skill level and I believe he thinks he has something to prove."

Burke parted ways with defenceman Francois Beauchemin in the trade and also added prospect Jake Gardiner — a first-round selection in 2008 — and a conditional draft pick in 2013.

The deal sees Toronto assume salary because Lupul will earn $4.25 million US over the next two years while Beauchemin has one year remaining on his deal at $3.8 million.

"He may be overpaid for what he does now," Burke said of Lupul. "That's OK, that's not the player's fault. When the player's overpaid, one of us (GMs) made a mistake."

Lupul is a three-time 20 goal-scorer that sat out nearly a year with a back injury and subsequent blood infection before working his way back into Anaheim's lineup Dec. 5.

He was used primarily as a third-liner with the Ducks and is looking forward to assuming an expanded role on a Leafs team looking for more offence.

"I have a lot to prove to myself and to the team that just let me go and, first and foremost, to the new organization and my new teammates," said Lupul.

For Beauchemin, it marks a return to a familiar setting.

The 30-year-old spent parts of four seasons with the Ducks before signing a three-year contract with the Leafs as a free agent in 2009. He was one of Toronto's leaders in ice time and spent much of the season on the top defensive pairing with Dion Phaneuf.

Beauchemin had a limited no-trade clause and provided Burke with a list of 12 teams he was willing to be dealt to prior to the season.

"I loved it here. Great city to play, great group of guys, but last year was a tough year and this year we're still out of a playoff spot," said Beauchemin.

Burke made it clear he expects to make more moves, but noted "nothing is imminent."

THE CANADIAN PRESS

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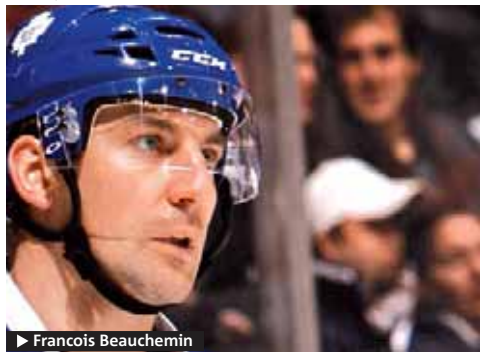


▶ Francois Beauchemin

"I was kind of expecting something to happen with all the rumours that were out there lately. I loved it here."
FRANCOIS BEAUCHEMIN

64
Number of points recordered by Jake Gardiner (16-48) in 110 career games for the Wisconsin Badgers. He has 30 points (7-23) in 30 games for the Badgers this season. Burke drafted him with the 2008 17th pick while still with the Ducks.

ANDRE RINGUETTE/GETTY IMAGES

▶ Jake Gardiner

BRUCE BENNETT/GETTY IMAGES

▶ Joffrey Lupul

"I think definitely I have a lot to prove to a lot of people now. The Anaheim Ducks kind of just let me go after 20 games."
JOFFREY LUPUL

Leafs preview

Devils at Leafs
7 p.m.
TV: TSN
Radio: AM 640

The Devils (20-30-4) may be near the bottom of the Eastern Conference, but they're arguably the hottest team in the league. They've gone 10-1-2 over their last 13 games. Martin Brodeur is currently on the sidelines with a knee sprain, leaving starting duties to Johan Hedberg.

Toronto (23-26-5) has won four of five since returning from the all-star break, helping keep its very faint playoff hopes alive. The Leafs sit eight points behind the eighth-place Carolina Hurricanes. It will be the debut for forward Joffrey Lupul, who was acquired from Anaheim yesterday for defenceman Francois Beauchemin.
THE CANADIAN PRESS

Scan code for sports

Spurs snuff out Raps second-half comeback

DeJuan Blair scored 14 of his 26 points in the fourth quarter as San Antonio survived a second-half charge by the Toronto Raptors for a 111-100 victory last night.

George Hill added 20 points while Tony Parker chipped in 16 with eight assists as the NBA leaders methodically out-executed their hosts to secure a fourth straight victory.

Andrea Bargnani with 19 points and DeMar DeRozan with 25 led the way for the Raptors (14-39), who lost for the 15th time in 16 outings.

111	100
SPURS	RAPTORS

The Raptors looked poised for a major upset in taking a three-point lead into the fourth quarter, but a Manu Ginobli dunk started San Antonio's rally, the first points in a 15-4 run that opened up a 96-88 edge.

Starting a stretch of eight of nine games at home ahead of a trip to London for a pair of contests against New Jersey, the Raptors ultimately settled for another case of close but no cigar.
THE CANADIAN PRESS

Sports in brief

Another Isles goalie injured

NHL. Islanders rookie goalie Kevin Poulin will miss the rest of the season after hurting his knee during pre-game warmups Tuesday night.
THE ASSOCIATED PRESS

Roy's return pushed back

NBA. Guard Brandon Roy has returned to practice with the Portland Trail Blazers but he won't return to the lineup this weekend as he had hoped.

Roy, who had arthroscopic surgery on both knees a little more than three weeks ago, worked out for about a half-hour with his teammates yesterday.
THE ASSOCIATED PRESS

Defending his turf

Ontario native Mark Hominick says he will be the underdog in his UFC 129 match against Jose Aldo

MARK HERBERT
METRO

Although UFC 129 in Toronto is a short drive from Mark Hominick's hometown of Thamesford, Ont., he knows he will need a good performance against his Brazilian opponent to gain more supporters.

Hominick knows most won't be rooting for him when his opponent Jose Aldo makes his much-anticipated UFC debut.

"I'm the underdog, so the pressure is on him," said Hominick, who mentioned he's never been more ready for a fight. "We're both fighting for the title and when you get to this level, UFC jitters shouldn't be an issue."

His record

Hominick is on a five-fight winning streak.

- He holds nine wins by KO and seven by way of submission
- He is unbeaten in the UFC (3-0).
- His professional record is 20-8.
- He stopped his last opponent, George Roop, at 1:28 of the first round.

Hominick said the expected crowd of 42,000 will not affect him.

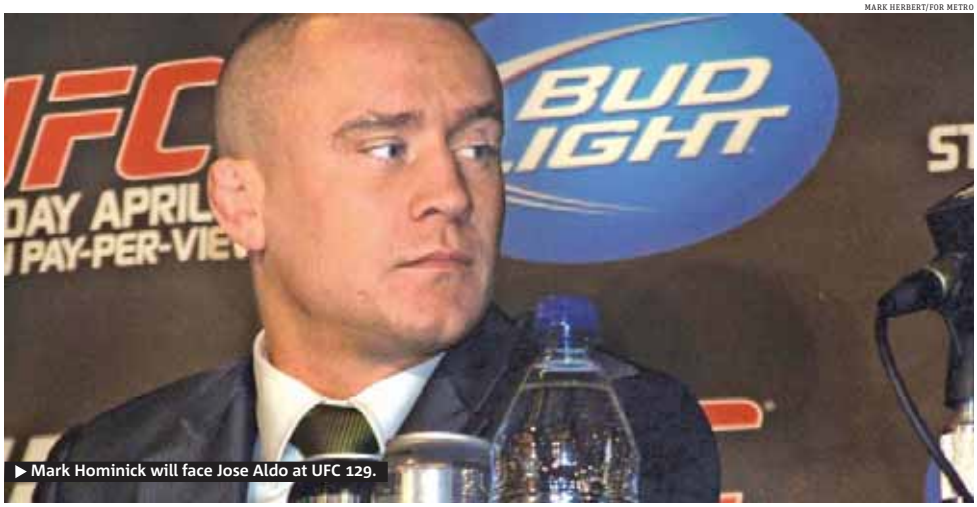
"I'm one of those fighters — they kind of have tunnel vision. No matter what size of the event, I'm looking at my opponent and that's what I'm focused on," Hominick said. "Whether they're cheering for me or Jose Aldo, I think the atmosphere is going to be amazing."

Competing before a big crowd is nothing new to Hominick and said he will be ready April 30.

"I've done it in front of 20,000 before and I've had that same tunnel vision," Hominick said.

"If it's me putting the pressure, I think it's going to cause problems."

MARK HERBERT/FOR METRO



▶ Mark Hominick will face Jose Aldo at UFC 129.

Edgar drops manager

UFC lightweight champion Frankie (The Answer) Edgar has joined welterweight title-holder Georges St-Pierre in parting ways with manager Shari Spencer.

Spencer confirmed the Edgar news in an email yesterday. St-Pierre's departure came last month.

THE CANADIAN PRESS

Sports in brief

Pens' Cooke gets four games for hit

NHL. Penguins forward Matt Cooke has been hit with a four-game suspension by the NHL. The league made the announcement yesterday, a day after Cooke hit Columbus Blue Jackets defenceman Fedor Tyutin from behind in a 4-1 loss. Tyutin was pummelled face first into the boards. He quickly got back on his skates.

THE ASSOCIATED PRESS

Madrid, Barca still richest

SOCCER. Real Madrid and Barcelona are world football's biggest moneymakers for the second successive year as the combined revenues of Europe's top 20 clubs exceeded 4 billion euros ($5.5 billion) for the first time.

The annual review of football finance by British accountancy firm Deloitte showed that Madrid generated 438.6 million euros in the year to June 30, 2010, representing an annual increase of 20 per cent as the team retained top spot for the sixth straight year.

Barcelona, which beat Madrid to the Spanish title last year and won the FIFA Club World Cup, saw a more modest revenue increase of just less than 10 per cent to 398.1 million euros.

THE ASSOCIATED PRESS

Rangers raise ticket prices

MLB. The AL-champion Texas Rangers have raised ticket prices for about two-thirds of their seats for 52 non-premier home games, though many of the increases are for $2 US or less per seat.

Coming off their first World Series, the Rangers increased to 29 from 19 the number of home dates considered premier games with higher prices. But about 30,000 seats (69 per cent) at Rangers Ballpark for those games will cost less than last season.

THE ASSOCIATED PRESS

Browns purge veterans

The Cleveland Browns are cleaning house.

Yesterday, the team terminated the contracts of some big-name players, including their biggest player — enormous nose tackle Shaun Rogers.

In addition, the Browns, who are rebuilding once again under new coach Pat Shurmur, also released veteran linebackers Eric Barton and David Bowens, defensive end Kenyon Coleman, tight end Robert Royal and right offensive tackle John St. Clair.

The 350-pound-plus Rogers, a three-time Pro Bowl selection, was slowed by injuries and played sparingly last season. He was due to make $5.5 million in 2011 with a $500,000 roster bonus.

The Browns are expected to switch to a 4-3 defensive scheme from a 3-4 under new co-ordinator Dick Jauron.

THE ASSOCIATED PRESS

$19M

All six of the players are older than 30, and the moves will save the Browns nearly $19 million US in base salaries.

BLAZERS 12
RAPTORS 10
Clippers 32
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BLAZER'S LEADING SCORER
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2011 SPRITE SLAM DUNK CONTEST COMPETITOR
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d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W2
d-Tampa Bay	55	33	17	3	2	168	169	71	18-6-1-1	15-11-2-1	7-3-0-0	L1
d-Boston	54	31	16	2	5	169	125	69	15-10-1-2	16-6-1-3	7-3-0-0	W1
Pittsburgh	55	34	17	2	2	165	126	72	19-10-1-0	15-7-1-2	7-3-0-0	L2
Washington	55	29	16	5	5	150	136	68	17-6-2-5	12-10-3-0	5-2-1-2	L1
Montreal	55	30	20	4	1	145	139	65	18-7-3-1	12-13-1-0	5-3-1-1	L2
NY Rangers	56	29	23	2	2	155	138	62	12-12-1-2	17-11-1-0	3-6-0-1	L5
Carolina	54	26	21	3	4	161	167	59	14-9-1-1	12-12-2-3	4-5-1-0	L1
Atlanta	56	24	22	4	6	162	183	58	12-11-1-4	12-11-3-2	2-5-1-2	L4
Buffalo	52	25	22	5	0	152	153	55	12-12-1-0	13-10-4-0	7-3-0-0	W2
Florida	53	23	24	2	4	141	143	52	11-9-2-3	12-15-0-1	2-4-1-3	L1
Toronto	54	23	26	2	3	143	169	51	13-11-2-2	10-15-0-1	5-5-0-0	W2
New Jersey	54	20	30	3	1	116	156	44	11-13-2-1	9-17-0-1	8-1-1-0	W2
Ottawa	55	17	30	5	3	121	183	42	9-15-2-2	8-15-3-1	0-8-1-1	L11
NY Islanders	53	17	29	3	4	131	174	41	9-13-1-3	8-16-2-1	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	54	35	10	4	5	183	127	79	19-3-1-4	16-7-3-1	6-1-1-2	W6
d-Detroit	54	32	16	4	2	177	160	70	16-8-3-1	16-8-1-1	5-5-0-0	L1
d-Dallas	54	30	18	2	4	154	153	66	16-7-2-3	14-11-0-1	4-5-1-0	L4
San Jose	55	30	19	4	2	155	146	66	13-10-2-1	17-9-2-1	9-0-0-1	W5
Nashville	55	29	19	4	3	145	130	65	12-5-3-3	17-14-1-0	5-4-0-1	W1
Phoenix	56	28	19	6	3	159	158	65	12-10-3-2	16-9-3-1	5-5-0-0	W3
Calgary	56	28	21	2	5	162	163	63	16-9-0-2	12-12-2-3	8-1-0-1	W2
Anaheim	54	29	21	2	2	146	150	62	17-8-0-1	12-13-2-1	7-3-0-0	W1
Minnesota	53	28	20	1	4	138	140	61	13-11-0-2	15-9-1-2	7-3-0-0	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-0	12-13-0-1	6-3-0-1	W2
Chicago	54	28	22	2	2	172	151	60	16-13-0-0	12-9-2-2	5-4-0-1	W1
Columbus	54	26	23	3	2	147	166	57	13-13-0-1	13-10-3-1	5-3-1-1	L1
St. Louis	52	24	20	4	4	140	154	56	16-8-1-2	8-12-3-2	4-4-2-0	W1
Colorado	54	25	23	6	0	166	178	56	14-13-3-0	11-10-3-0	3-7-0-0	L5
Edmonton	54	16	30	1	7	134	184	40	7-15-1-3	9-15-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last nights results
Calgary 5 Ottawa 2
Boston 8 Montreal 6
Chicago 4 Edmonton 1
Minnesota 3 Colorado 2
Nashville 4 Detroit 1
Phoenix 3 Dallas 2 (OT)
San Jose 3 Columbus 2
Anaheim at Vancouver
Tuesday's results
Toronto 5 N.Y. Islanders 3
San Jose 2 Washington 0
Columbus 4 Pittsburgh 1
New Jersey 3 Carolina 2 (OT)
St. Louis 2 Florida 1
Buffalo 7 Tampa Bay 4
Tonight's games
New Jersey at **Toronto**, 7 p.m.
Carolina at Philadelphia, 7 p.m.
Los Angeles at Pittsburgh, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.

BRUINS 8, CANADIENS 6

First Period
1. Boston, Marchand 15 (Bergeron, Recchi) 13:16
2. Boston, Seidenberg 5 (Horton) 13:28
Penalties — Moen Mtl, Lucic Bos (cross-checking) 13:28, Gomez Mtl (tripping) 14:26, Pacioretty Mtl (interference) 19:31, Moen Mtl (misconduct), Price Mtl (roughing; served by Pyatt), Lucic Bos (roughing, roughing) 20:00.
Second Period
3. Montreal, Gionta 20 (Plekanec, Wisniewski) 0:25
4. Montreal, Subban 7 (Gionta, Plekanec) 8:30 (pp)
5. Boston, McQuaid 1 (Horton, Lucic) 9:48
6. Montreal, Weber 1 (Darche) 11:01
7. Boston, Ryder 15 (Wheeler, Hamill) 11:32
8. Boston, Lucic 22 (Horton, Krejci) 12:31
9. Montreal, Desharnais 4 (Subban, Weber) 12:48 (pp)
10. Boston, Lucic 23 (Krejci, Horton) 14:49 (sh)
Penalties — Horton Bos (hooking) 7:32, Gionta Mtl (roughing, roughing), Wisniewski Mtl, Pacioretty Mtl, Recchi Bos, Chara Bos, Kampfer Bos (roughing), Price Mtl (leaving the crease, fighting; served by Hamrlik), Thomas Bos (leaving the crease, fighting; served by Bergeron), Marchand Bos (charging, roughing) 12:36, Kampfer Bos (cross-checking) 17:52.
Third Period
11. Montreal, Pacioretty 7 (Wisniewski) 7:06 (pp)
12. Boston, Ryder 16 (Seidenberg, Kampfer) 10:01 (pp)
13. Boston, Horton 14 (Krejci) 14:54
14. Montreal, Pacioretty 8 (Desharnais, Weber) 19:46 (pp)
Penalties — Spacek Mtl, Thornton Bos (fighting, game misconduct), Moen Mtl, Pyatt Mtl (fighting) 0:40, Horton Bos (tripping) 6:40, Desharnais Mtl (interference) 8:06, Pouliot Mtl, Krejci Bos (fighting), Subban Mtl, Lucic Bos (misconduct), Horton Bos (cross-checking) 17:06, Moen Mtl, Ference Bos (fighting), Boychuk Bos (fighting, game misconduct), Thornton Bos (roughing) 19:19, Ference Bos (fighting) 19:31, Thornton Bos (fighting), McQuaid Bos (roughing, roughing) 19:35, Hamrlik Mtl (fighting, game misconduct) 20:00.
Shots

Montreal	8	16	9—33
Boston	18	11	5—34

Goal — Montreal: Price (L,26-18-5); Boston: Thomas (W,26-6-6). **Power plays (goals-chances)** — Montreal: 4-10; Boston: 1-5.
Referees — Don Van Massenhoven, Brian Pochmara.
Linesmen — Michel Cormier, Brian Murphy.
Att. — 17,565 (17,565) at Boston.

BLACKHAWKS 4, OILERS 1

First Period
1. Chicago, Sharp 27 (Toews) 10:41
Penalties — Edmonton bench (too many men; served by Omark) 12:56, Foster Edm (holding) 15:17.
Second Period
2. Chicago, Bickell 13, 5:14
Penalties — Vandermeer Edm (hooking) 1:44, Gagner Edm (hooking) 10:50.
Third Period
3. Chicago, Kane 16 (Kopecky, Toews) 4:15 (pp)
4. Edmonton, Eberle 11 (Vandermeer, Hall) 16:20
5. Chicago, Kane 17, 19:17 (Empty net)
Penalties — Smid Edm (high-sticking) 1:38, Vandermeer Edm (tripping) 3:55, Cogliano Edm, Peckham Edm (misconduct) 4:15, Toews Chi (holding) 9:50, Johnson Chi (kneeing) 11:35.
Shots

Chicago	10	12	4—26
Edmonton	4	12	8—24

Goal — Chicago: Crawford (W,17-11-2); Edmonton: Dubnyk (L,6-6-6). **Power plays (goals-chances)** — Chicago: 1-6; Edmonton: 0-2.
Referees — Francois St. Laurent, Kelly Sutherland.
Linesmen — Ryan Galloway, Derek Nansen.
Att. — 16,839 (16,839) at Edmonton.

FLAMES 5, SENATORS 2

First Period
1. Calgary, Jackman 8 (Hagman, Regehr) 8:40
2. Ottawa, Kelly 12 (Ruutu, Kuba) 9:17
3. Ottawa, Campoli 3, 10:21
Penalties — Ruutu Ott (goaltender interference) 1:41, Neil Ott (roughing) 14:07, Giordano Cal (holding the stick) 17:01, Kovalev Ott (misconduct) 20:00.
Second Period
3. Calgary, Jokinen 10 (Glencross, Babchuk) 13:42 (pp)
4. Calgary, Glencross 15 (Jokinen, Babchuk) 17:44
Penalties — Giordano Cal (hooking) 1:39, Butler Ott (goaltender interference) 12:11.
Third Period
4. Calgary, Babchuk 7 (Regehr) 8:36 (pp)
5. Calgary, Jackman 8 (Iginla, Morrison) 15:38 (pp)
Penalties — Ruutu Ott (interference) 7:24, Spezza Ott (hooking) 14:06, Sarich Cal (holding the stick) 16:22.
Shots

Ottawa	12	7	7—26
Calgary	16	10	9—35

Goal — Ottawa: Lehner (L,1-3-0); Calgary: Kiprusoff (W,24-18-3). **Power plays (goals-chances)** — Ottawa: 0-3; Calgary: 3-5.
Referees — Eric Furlatt, Chris Rooney. **Linesmen** — Don Henderson, Mark Wheler.
Att. — 19,289 (19,289) at Calgary.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON RED SOX — Agreed to terms with RHP Alfredo Aceves on a one-year contract and LHP Dennys Reyes on a minor league contract. Designated RHP Robert Coello for assignment.

NFL

ARIZONA CARDINALS — Named Ray Horton defensive coordinator.
ATLANTA FALCONS — Released S Erik Coleman. Re-signed LB Coy Wire to a two-year contract.
CLEVELAND BROWNS — Terminated the contracts of NT Shaun Rogers, LB Eric Barton, LB David Bowens, DL Kenyon Coleman, TE Robert Royal and OL John St. Clair.
INDIANAPOLIS COLTS — Named David Walker running backs coach and Devin Fitzsimmons coaching assistant.
NEW YORK JETS — Signed LB Brandon Long, LB Garrett McIntyre and K Nick Novak to reserve/future contracts.
SEATTLE SEAHAWKS — Signed DT Barrett Moen.
TENNESSEE TITANS — Named Bruce Matthews offensive line coach.

NHL

NHL — Suspended Pittsburgh F Matt Cooke four games and announced he will forfeit $87,804.88 for a charging incident involving Columbus D Fedor Tyutin during Tuesday's game. Suspended New Jersey D Anton Volchenkov three games and announced he will forfeit $68,548.38 for delivering a blow to the head of Carolina F Zach Boychuk during Tuesday's game.
CAROLINA HURRICANES — Recalled D Brett Carson from Charlotte (AHL) on an emergency basis.
DALLAS STARS — Activated C Tom Wandell from injured reserve.
NEW YORK ISLANDERS — Placed G Rick DiPietro on injured reserve. Recalled F Jesse Joensuu from Bridgeport (AHL).
OTTAWA SENATORS — Recalled F Bobby Butler and F Jim O'Brien from Binghamton (AHL).
TAMPA BAY LIGHTNING — Reassigned F Mattias Ritola to Norfolk (AHL).
TORONTO MAPLE LEAFS — Traded D Francois Beauchemin to Anaheim for F Joffrey Lupul, D Jake Gardiner and a conditional 2013 fourth-round draft pick.

SOCCER

INTERNATIONAL FRIENDLIES

Yesterday's results
Albania 1 Slovenia 2
Belgium 1 Finland 1
Cambodia 3 Macau 1
Cape Verde Islands 1 Burkina Faso 0
Croatia 4 Czech Republic 2
Cyprus 1 Romania 1
(Romania wins 5-4 on penalty kicks)
Denmark 1 England 2
Equatorial Guinea 2 Chad 0
France 1 Brazil 0
Germany 1 Italy 1
Israel 0 Serbia 2
Libya 3 Benin 2
Luxembourg 2 Slovakia 1
Macedonia 0 Cameroon 1
Malaysia 2 Hong Kong 0
Malta 0 Switzerland 0
Morocco 3 Niger 0
Mozambique 1 Botswana 1
Namibia 1 Malawi 2
Netherlands 3 Austria 1
Nigeria 2 Sierra Leone 1
Philippines 2 Mongolia 0
San Marino 0 Liechtenstein 1
Senegal 4 Guinea 0
South Africa 2 Kenya 0
Spain 1 Colombia 0
Swaziland 0 Zambia 4
Tanzania 1 Palestine 0
Turkey 0 South Korea 0
At Larissa, Greece
Greece 1 **Canada 0**
At Abu Dhabi, U.A.E.
Iran 1 Russia 0
At Dubai, U.A.E.
Azerbaijan 0 Hungary 2
At Amadora, Portugal
Guinea-Bissau 3 Gambia 1
At Antalya, Turkey
Belarus 1 Kazakhstan 1
Estonia 2 Bulgaria 2
Latvia 2 Bolivia 1
At Dublin
Northern Ireland 0 Scotland 3
At Faro, Portugal
Poland 1 Norway 0
At Geneva
Argentina 2 Portugal 1
At Lagos, Nigeria
Moldova 2 Andorra 1
At Limassol, Cyprus
Armenia 1 Georgia 2
At Nicosia, Cyprus
Ukraine 1 Sweden 1
(Ukraine wins 5-4 on penalties)
At Rouen, France
Republic of Congo 0 Gabon 2

CURLING

ONTARIO TANKARD CHAMPIONSHIP

Yesterday's Results
Fifth Draw
Mark Bice 8 Jake Higgs 7
Glenn Howard 7 Chris Gardner 1
Mark Kean 8 Greg Balsdon 5
Dale Matchett 8 Nick Rizzo2
Howard Rajala 10 John Epping 5
Sixth Draw
Mark Bice 10 Howard Rajala 9 (extra end)
Peter Corner 5 Jake Higgs 2
John Epping 9 Chris Gardner 7
Glenn Howard 9 Greg Balsdon 7
Nick Rizzo 9 Mark Kean 5
Seventh Draw
Peter Corner 11 Howard Rajala 8
Greg Balsdon 11 John Epping 6
Glenn Howard 10 Nick Rizzo 4
Dale Matchett 7 Mark Kean 2
Mark Bice 10 Chris Gardner 9 (extra end)
Tuesday's results
Third Draw
John Epping 8 Peter Corner 2
Mark Kean 9 Howard Rajala 5
Chris Gardner 12 Dale Matchett 5
Greg Balsdon 9 Nick Rizzo 5
Glenn Howard 11 Jake Higgs 2
Fourth Draw
Greg Balsdon 10 Dale Matchett 6
Peter Corner 8 Mark Bice 5
John Epping 9 Jake Higgs 3
Chris Gardner 5 Mark Kean 4
Glenn Howard 7 Howard Rajala 1

TENNIS

ATP SAP OPEN

At San Jose, Calif.
Yesterday's results
Singles — First Round
Singles
First Round
Fernando Verdasco (1), Spain, def. Rajeev Ram, U.S., 6-3, 6-2.
Ivo Karlovic, Croatia, def. Ryan Sweeting, U.S., 6-4, 6-4.
Robert Kendrick, U.S., def. Igor Kunitsyn, Russia, 7-5, 3-6, 6-4.
Second Round
Richard Berankis, Lithuania, def. Donald Young, U.S., 6-4, 5-7, 7-5.
Milos Raonic, Thornhill, Ont., def. James Blake, U.S., 6-2, 7-6 (4).

ATP ABN AMRO WORLD TOURNAMENT

At Rotterdam, Netherlands
Singles — First Round
Marcos Baghdatis, Cyprus, def. Andy Murray (2) Britain, 6-4, 6-1.
Mikhail Youzhny (6), Russia, def. Marcel Granollers, Spain, 6-2, 7-6 (6).
Feliciano Lopez, Spain, def. Florian Mayer, Germany, 6-3, 6-4.
Benoit Paire, France, def. Gilles Simon, France, 6-2, 2-6, 6-3.
Second Round
Marin Cilic, Croatia, def. Jurgen Melzer (5), Austria, 6-2, 6-4.
Jo-Wilfried Tsonga (8), France, def. Michael Llodra, France, 4-6, 6-4, 6-4.
Viktor Troicki, Serbia, def. Jarkko Nieminen, Finland, 7-6 (4), 7-5.

WTA OPEN GAZ DE FRANCE SUEZ

At Paris
Singles — First Round
Nadia Petrova (5), Russia, def. Virginie Razzano, France, 6-1, 6-3.
Andrea Petkovic (6), Germany, def. Angelique Kerber, Germany, 7-5, 3-6, 6-2.
Yanina Wickmayer (7), Belgium, def. Elena Vesnina, Russia, 7-6 (1), 6-2.
Sofia Arvidsson, Sweden, def. Alize Cornet, France, 6-2, 7-6 (5).
Second Round
Kim Clijsters (1), Belgium, def. Kristina Barrois, Germany, 4-6, 6-2, 6-0.
Dominika Cibulkova (8), Slovakia, def. Melanie Oudin, U.S., 6-4, 7-6 (5).

WTA PTT PATTAYA OPEN

At PATTAYA, Thailand
Singles
Second Round
Ana Ivanovic (2), Serbia, def. Jill Craybas, U.S., 4-6, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Maria Kirilenko (3), Russia, 1-6, 7-5, 6-4.
Roberta Vinci (5), Italy, def. Zhang Shuai, China, 7-5, 6-1.
Peng Shuai (6), China, def. Elena Baltacha, Britain, 2-6, 6-1, 6-4.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	6	4	2	.667	69	59	—
Buffalo	5	3	2	.600	53	50	½
Rochester	5	3	2	.600	49	54	½
Boston	7	4	3	.571	64	53	½
Philadelphia	6	3	3	.500	52	56	1

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	6	4	2	.667	71	69	—
Minnesota	5	3	2	.600	58	52	½
Washington	6	3	3	.500	69	72	1
Colorado	5	1	4	.200	47	51	2½
Edmonton	5	0	5	.000	44	59	3½

WEEK SIX
Friday's game
Washington at Edmonton, 9 p.m.
Saturday's games
Calgary at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Colorado at Boston, 7:30 p.m.
Minnesota at Rochester, 7:35 p.m.
Edmonton at Washington, 10:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	38	13	.745	—
d-Miami	38	14	.731	½
d-Chicago	35	16	.686	3
Atlanta	33	19	.635	5½
Orlando	34	20	.630	5½
New York	26	25	.510	12
Philadelphia	24	28	.462	14½
Indiana	22	28	.440	15½
Charlotte	22	30	.423	16½
Milwaukee	20	31	.392	18
Detroit	20	33	.377	19
New Jersey	16	37	.302	23
Washington	14	37	.275	24
Toronto	14	39	.264	25
Cleveland	8	45	.151	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	44	8	.846	—
Dallas	36	15	.706	7½
d-L.A. Lakers	36	16	.692	8
d-Oklahoma City	33	18	.647	10½
New Orleans	32	22	.593	13
Denver	30	22	.577	14
Utah	31	23	.574	14
Portland	28	24	.538	16
Memphis	28	26	.519	17
Phoenix	24	25	.490	18½
Houston	25	29	.463	20
Golden State	22	28	.440	21
L.A. Clippers	20	32	.385	24
Minnesota	13	39	.250	31
Sacramento	12	36	.250	30

d – division leader
Last night's results
Detroit 103 Cleveland 94
Indiana 104 Charlotte 103
New Jersey 103 New Orleans 101 (OT)
Orlando 99 Philadelphia 95
San Antonio 111 Toronto 100
Washington 100 Milwaukee 85
L.A. Clippers 116 New York 108
Chicago 91 Utah 86
Dallas at Sacramento
Denver at Golden State,
Tuesday's results
Philadelphia 117 Atlanta 83
Orlando 101 L.A. Clippers 85
San Antonio 100 Detroit 89
Miami 117 Indiana 112
Milwaukee 92 Toronto 74
Memphis 105 Oklahoma City 101 (OT)
Minnesota 112 Houston 108
Tonight's games
L.A. Lakers at Boston, 8 p.m.
Golden State at Phoenix, 9 p.m.
Dallas at Denver, 10:30 p.m.
Friday's Games
New Jersey at Charlotte, 7 p.m.
Minnesota at Indiana, 7 p.m.
New Orleans at Orlando, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Portland at Toronto, 7 p.m.
L.A. Clippers at Cleveland, 7:30 p.m.
Miami at Detroit, 7:30 p.m.
Milwaukee at Memphis, 8 p.m.
L.A. Lakers at New York, 8 p.m.
Phoenix at Utah, 10:30 p.m.

SPURS 111, RAPTORS 100

SAN ANTONIO (111)
Jefferson 1-2 0-0 3, Duncan 7-11 2-2 16, Blair 14-21 0-0 28, Parker 8-15 0-0 16, Ginobili 6-11 0-1 12, Hill 5-9 6-6 18, Splitter 2-3 2-7 6, Neal 3-5 1-3 9, Bonner 1-4 0-0 3, Novak 0-0 0-0 0, Quinn 0-0 0-0 0. Totals 47-81 11-19 111.
TORONTO (100)
Weems 4-9 0-0 8, A.Johnson 5-10 2-2 12, Bargnani 13-20 1-2 29, Calderon 3-9 0-0 6, DeRozan 10-18 5-7 25, Davis 0-0 0-2 0, Bayless 0-1 0-0 0, Barbosa 7-16 5-5 20, Ajinca 0-1 0-0 0, Wright 0-0 0-0 0. Totals 42-84 13-18 100.

San Antonio	31	29	21	30—111
Toronto	29	27	28	16—100

3-Point Goals—San Antonio 6-14 (Hill 2-2, Neal 2-3, Jefferson 1-1, Bonner 1-4, Parker 0-1, Ginobili 0-3), Toronto 3-9 (Bargnani 2-4, Barbosa 1-4, Calderon 0-1). Fouled Out—None. Rebounds—San Antonio 51 (Blair 11), Toronto 38 (A.Johnson 13). Assists—San Antonio 30 (Ginobili 9), Toronto 22 (Calderon 11). Total Fouls—San Antonio 19, Toronto 18. Technicals—San Antonio defensive three second. A—15,867 (19,800) at Toronto.

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Greece edges Canada in friendly

Giannis Fetfatzidis scored in the 63rd minute, capitalizing on a defensive miscue, to give Greece a 1-0 win over Canada in exhibition soccer play yesterday.

Defender Adam Straith misplayed a cross into the path of Fetfatzidis who hammered the ball into the top corner.

Canadian coach Stephen Hart was disappointed at the result.

"I felt we were in control of the game for long periods of time," Hart said.

"In the second half we lost our way a little bit in the opening 10 or 12 minutes, and just as we were making the substitution to try and adjust they scored off an unfortunate error."

Canada came on in the dying minutes but was unable to pull even before a near sellout crowd in Greece. With Canada pressing and goalkeeper Milan Borjan up in the offensive zone, the Greeks almost scored into the empty net from just inside the half. The ball rolled just wide.

Dwayne De Rosario came close to tying it in the 74th minute, forcing Greek 'keeper Costas Chalkias to tip a long-range free kick over the bar. Rob Friend headed a corner just wide in the 87th minute.

After an even first 45 minutes, the Greeks came on in waves in the second half with several good opportunities before the winning goal.

Greece, the former European champion, is ranked 10th in the world compared to No. 80 for Canada.

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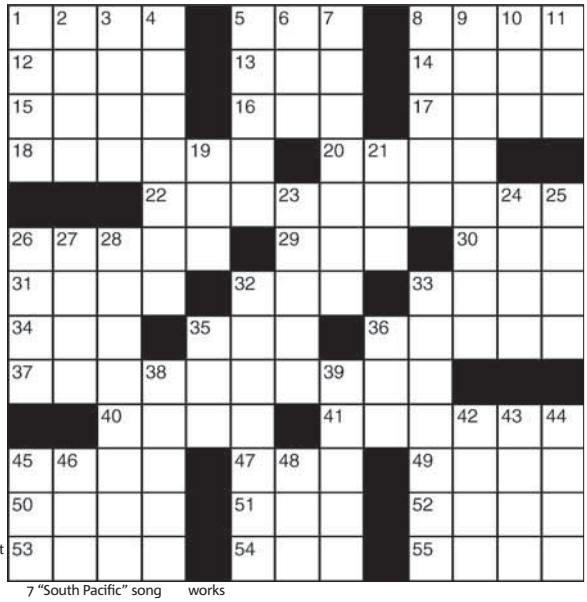
Crossword



Across

1 Blunder
5 Weep loudly
8 Window ledge
12 Hebrew month
13 Playwright Levin
14 Small combo
15 Come in second
16 — canto
17 Seeping
18 Blood channel
20 Object of worship
22 Admiral William of WWII
26 Assertion
29 Feedbag morsel
30 Rage
31 Amour
32 Phys. or biol.
33 Valhalla VIP
34 Mentalist Geller
35 Thee
36 Part songs
37 Consider
40 Albacore
41 Speak unclearly
45 Popular houseplant
47 Upper surface
49 Bedouin
50 Ireland
51 Have a bug
52 Poetic foot
53 Like candles or crayons
54 Crafty
55 Society newcomers

Down

1 Festive
2 Stench
3 Kiln
4 Comp
5 Prophetess
6 Raw rock
7 "South Pacific" song
8 Milkmaid's perch
9 Raymond Burr role
10 Claiborne of fashion
11 Actress Myrna
19 Pirates' quaff
21 Feline
23 — tenens (temporary officeholder)
24 Pennsylvania port
25 Longings
26 Organization
27 Traditional tales
28 Amelia Earhart, e.g.
32 Some Beethoven works
33 Kids' card game
35 Yang counterpart
36 Wildebeest
38 Soft and liquid
39 Suggest
42 Highland hillside
43 Mary's follower
44 Recedes
45 Not many
46 Historic time
48 Lubricate

▶ Yesterday's answer

Sudoku

3				6				5
	9			7			4	
2			4		9			3
9		1				4		7
		8	1		7	3		
7		6				5		2
4			7		2			9
	5			1			2	
1				4				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	6	4	1	5	8	9	2	3
1	9	8	3	4	2	5	7	6
2	3	5	7	9	6	8	4	1
9	5	6	4	8	1	2	3	7
8	2	1	6	7	3	4	5	9
3	4	7	9	2	5	1	6	8
4	1	3	5	6	9	7	8	2
5	8	9	2	3	7	6	1	4
6	7	2	8	1	4	3	9	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ros I love you with all my heart. I hope you can forgive me for my mistakes all I want is to be with you **YOUR MUFFIN**

Mark, I love you sooo Much! You mean the world to me! Will you be my valentine? **LOVE YOUR GIRL G**

Adam, happy almost-Valentine's day baby! You are the sunshine on my rainy days <3 lav you so much!!! **YOUR FAVOURITE EV :)**

Mr. highlighter! I can't believe it's about to be our first valentines day together. You are honestly the light of my life and the reason I wake up in the morning. You're an amazing person and I want the whole world to know how much I love you :) **FOREVER YOURS, STEPHY <3**

Today -8°/-17° Partly cloudy
Friday -6°/-7° Variable

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The Weather Network
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You'll be in demand today, so promise yourself that you will not accept each and every invitation that comes your way. If you do, you will soon be exhausted. It's always about quality, not quantity.

♉ Taurus April 21-May 21 Venus, your ruler, links with Pluto, planet of passion, in one of the best areas of your chart. That tells you anything of a creative or romantic nature will go brilliantly.

♊ Gemini May 22-June 21 Be honest with yourself, and with other people, about what you can accomplish, even if it means you have to break a promise you made at the start of the year.

♋ Cancer June 22-July 22 It's time to patch things up with someone you fell out with. Why you drifted apart is not important. What matters is that you both realize life is better for when you're together.

♌ Leo July 23-Aug.23 Nothing will upset you today. The world around you may be in a constant state of crisis but you will sail through it all without a care. Are you in love? If you're not, you will be, soon.

♍ Virgo Aug. 24- Sept. 22 You have a glow about you today and others will draw closer to feed off your inner warmth. Don't let them get too close or you'll be crowded, but don't turn them away, either. You're a magnet for good vibes.

♎ Libra Sept. 23-Oct. 23 Your imaginative powers are high and you must find ways to use them for your own enjoyment and profit. You must also find ways to cheer up someone going through a rough patch.

♏ Scorpio Oct. 24-Nov. 22 With Venus, planet of love, on ideal terms with your ruler, Pluto, you can charm your way into the affections of anyone you please. You've always been irresistible but, today, the world wants to be your friend.

♐ Sagittarius Nov. 23-Dec. 21 If you are generous to others, they will be generous to you. However, if you refuse to help where help is needed, you will find that your own needs remain unfulfilled.

♑ Capricorn Dec. 22-Jan. 20 The amount of intensity you have shown in recent weeks will match your easygoing mood now. Venus in your sign will help you see things in perspective, and Pluto will help you act on what you see.

♒ Aquarius Jan. 21-Feb. 18 If you face a choice between making your own life more comfortable and helping someone who is not as fortunate as you, there is little doubt you'll choose the latter.

♓ Pisces Feb. 19-March 20 You will make an effort to see the good in each person you meet. You will also make it your business to do good yourself, knowing that it will spread outward. **SALLY BROMPTON**

Caption contest

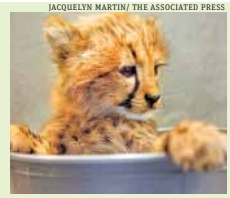
EUGENE HOSHIKO/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JACQUELYN MARTIN/ THE ASSOCIATED PRESS



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